

Feats of Strength 2017 by Strength & Speed™ (Feb. 14, 2017 notice)

We are presenting a meet open to males and females age 50+ as part of the 2017 Bay Area Senior Games.

When: June 24, 2017, Saturday in Castro Valley

For registration please see below but you must also check in at 10 a.m. with events starting right away; meet ends about 3 p.m. Parking is on the street in front.

Where? Dale Harder's backyard, 18584 Carlwyn Drive, Castro Valley CA, 94546-2032. If you need more info e-mail daleharderEP@gmail.com or phone 510-727-0485. To register go to www.bayareaseiniorgames.org which should have feats of strength listed as a sport by this week. If it's not listed then please email them and ask when.

What? This competition is for ages 50+. We will provide sandwiches and tap water but you're welcome to bring a bag lunch. Please feel free to bring a camera and take photos. Entrants will be sorted into 5-year age groups for both men and women: 50-54, 55-59, 60-64 and so on. Age is actual age on June 24, 2017. You may try any or all of the seven following events. Those that compete in all seven events will have a chance at the all-around awards:

World Age Records will be certified by Dale Harder, head of Strength & Speed™. If S&S world record or results certificates are desired they will be available for a nominal charge and will be mailed to applicants later.

1. Pullups/chin-ups for reps which must be done all the way up and all the way down, no kicking or kipping allowed. You may choose pullups or chin-ups (one try).

2. Maximum chin-up will be one chin-up/pullup for maximum weight, scored by adding your weight to the extra weight added on (3 tries).

3. Standing long jump for distance (3 tries). Start with toes behind the line and jump.

4. Farmer's walk. You carry a weight in each hand for a total distance of 164' (50m) with three U turns; fastest time wins. We'll use 100 lb dumbbells for men up to age 69; 75 lb dumbbells for ages 70-79; 50 lb dumbbells for 80+. Women will use 50 lb dumbbells thru age 69; 37.5 lb dumbbells for 70-79; and 25 lb dumbbells for 80 plus . One try.

5. Dynamometer hand grip test. Squeeze a Baseline dynamometer (3 tries).

6. Standing vertical jump. From a standing start jump straight up and touch your hand (fingertips are chalked) as high as you can against a wall. That distance minus your standing reach for height will be your vertical jump (3 tries).

7. Deadlift lockout. Lift a weight from a power rack at about thigh height, and straighten up (3 tries).

Results will be published on the www.bayareaseiniorgames.org website and at www.ssratings.org. Dale Harder, meet director, reserves the right to alter the contest conditions if necessary. Judges' decisions will be final. **For more info** visit *YouTube* under "Feats of Strength" which shows the seven events above or look under the names of the individual events or under Dale Harder as a last resort.

If you plan on attending please send the entry form below to Dale Harder (in addition to registering as above). The entry forms to Dale can be sent to daleharderEP@gmail.com or to Dale Harder, 18584 Carlwyn Dr, Castro Valley CA 94546-2032.

Entry form: I wish to participate in the Feats of Strength on June 24, 2017 in Dale Harder's backyard at 18584 Carlwyn Dr, Castro Valley CA 94546-2032. I am in good health and agree to hold harmless Dale Harder, BASG, Strength & Speed and any of their agents.

Name _____ Gender _____ Birthdate _____

Age _____ Weight _____ Height _____ Health Concerns _____