

Quad Cities Senior Olympics

June 10, 2023

Roy J. Carver PE Center – Gary Fairchild Weight Room

Bench Press

	Age	Weight	Lift 1	Lift 2	Lift 3
1. Mary McAllister	67	130	75	85	90
1. Don Mayhew	58	187.3	120F	120	125
1. Charles Warren	70	183.8	205	225	230
1. Jack Frazelle	78	217	155	175	185

Push Ups

	Age	<u>1st 60 seconds</u>	<u>2nd 60 seconds</u>	<u>total</u>
1. Don Mayhew	58	60	71	131
1. Scott Groenke	60	75	x	75
1. Enyo Dewith	69	110	x	110
1. Charles Warren	70	105	x	105

Pull Ups

	Age	<u>1st 60 seconds</u>	<u>2nd 60 seconds</u>	<u>total</u>
1. Scott Groenke	60	15	x	15
1. Charles Warren	70	31	21	52