

CITY OF SACRAMENTO
NEWS RELEASE



DEPARTMENT OF PARKS AND RECREATION

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FOR IMMEDIATE RELEASE

Region's Strongest Athletes Prepare to Compete in the Sacramento Sports Classic Weightlifting Competition

Sacramento, California, May 3, 2007—On Friday, May 4, 2007, some of the strongest athletes in our region will showcase their strength at the 2007 Sacramento Sports Classic Weightlifting Competition.

The Sacramento Sports Classic, a competition organized by the Department of Parks and Recreation, is this region's preeminent sports competition for athletes 50 and over. The weightlifting competition consists of individual Leg Press, Lat Pull Down, and Bench Press competitions. This year, fourteen male and female athletes—10 males and 4 females—will compete in the weightlifting competition. The youngest competitor is 57 years old and the oldest is 78 years old.

The weightlifting competition is just one of ten 2007 Sacramento Sports Classic competitions taking place this weekend in Sacramento. Other competitions include Basketball, Dance Sport, Racquetball, Swimming, Table Tennis, Track, Trapshooting, Racewalk, and Archery. The dates, times, and venues for the competitions are as follows:

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|---|---------------|----------------------|----------|---|
| ○ | Weightlifting | May 4 th | 1p.m. | Capital Athletic Club – 1515 8 th Street |
| ○ | Basketball | May 5 th | 9a.m. | Natomas High School – 3301 Fong Ranch Rd. |
| ○ | Dance Sport | May 5 th | 10a.m. | The Ballroom of Sacramento – 6009 Folsom Blvd |
| ○ | Racquetball | May 5 th | 9a.m. | Rollingwood Racquet Club
9373 Winding Oak Drive, Fair Oaks |
| ○ | Swimming | May 5 th | 7:30a.m. | Natomas High School Pool – 3301 Fong Rang Rd. |
| ○ | Table Tennis | May 5 th | 10a.m. | G. Didion Middle School – 6490 Harmon Drive |
| ○ | Track | May 5 th | 8:30a.m. | Rosemont High School Track – 9594 Kiefer Blvd |
| ○ | Trapshooting | May 5 th | 9a.m. | Auburn Trapshoot Club – 11540 Lorenson Rd. |
| ○ | Racewalk | May 6 th | 8:30a.m. | Rosemont High School Track – 9594 Kiefer Blvd. |
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| ○ | Archery | May 19 th | 9a.m. | Discovery Park Archery Range
Garden Hwy/Discovery Park Drive |

The community is encouraged to support these dedicated athletes by attending the 2007 Sacramento Sports Classic.

Media-related questions about the 2007 Sacramento Sports Classic can be forwarded to Hindolo Brima, Public Information Officer, Department of Parks and Recreation, (916) 808-5972.

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