



SOUTHEASTERN LAWFIT CHALLENGE

JUNE 9, 10, & 11, 2011

The LawFit Challenge consists of a series of six fitness and job related competitive events:

- ◆ one repetition maximum bench press (based on percentage of body weight)
- ◆ one minute timed sit-up test
- ◆ sit and reach flexibility test
- ◆ pull-ups
- ◆ 1.5 mile run
- ◆ 200 yard agility course (suspect pursuit)

These tests have been found to be good predictors of an officer's fitness for duty. Scores for the event are age and gender adjusted to provide a fair and equitable competition for all participants.

Visit: www.lawfit.org

Who can participate? We're inviting all law enforcement agencies in the Southeastern United States.

Registration Fee: \$60 per participant (\$75 for late registration after May 13, 2011)

Deadline: Entries must be registered by May 27, 2011

Hotel Registration: Competitors should reserve their rooms by calling the La Quinta Inn & Suites Horn Lake (Group Reservations: 662-510-6500). Mention "Southeastern LawFit Challenge" to receive group rate. Reservations should be made by May 20, 2011.

All competitors will receive a variety of gifts and fitness gear from sponsoring companies. Awards will be presented in the following categories:

- Top 3-Overall Individual Male and Female
- 4-Man Team
- 4-Person Mixed Team (2-Men/2-Women)
- Men's Pairs Women's Pairs
- Mixed Pairs (1-Man/1-Woman)
- Individual Event Winners

**Each competitor will compete in all events.
Participants' scores will be combined
for the team competitions.

For further information, please contact
Lt. Thomas Tuggle at 601-933-2100/
MRT2USMC@MSN.COM

OR

Dr. Dave Bever (George Mason University) at 703-993-2071
lawfit@hotmail.com

