

TOUGHEST COMPETITOR ALIVE – June 22, 2010

FORMAT: Mandatory 6:30am check-in and a 7am start. Sport scoring formula will be used for each event - scores based on 0 to 1000 points for time and distance. At end of competition, each individual's points will be added together for a final total. If you miss your call for the event, you will be disqualified from competition. You must attempt each event - no exceptions. No gloves, no bench shirts and no spikes. This is an all day competition. **SCHEDULE OF EVENTS:** **#1 - 3 mile run**, **#2 - shot put** - each person may have two puts: Men up to 34 years use a 16 lb. shot, men 35 & over use a 12 lb. shot and all women use an 8 lb. shot, **#3 - 100 meter dash**, **#4 - 100 yard swim** - freestyle, **#5 - rope climb** - 20 foot rope, 2 climbs only, you may wave one climb, men and women start from the seated position, hands only, no feet or legs, and quick start method - okay **#6 - bench press** - 2 lifts only, best lift counted, **#7 - pull-ups** - overhand grip, chin must clear bar, no kicking or swinging, full arm extension between each pull-up, **#8 - obstacle course** (description on web site).