

**June 19-21, 2014**

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)

Scores for the event are age and gender adjusted to provide a fair and equitable competition for all participants.

All competitors will receive a variety of gifts and fitness gear from sponsoring companies.

**Additional Info:** [**www.lawfit.org**](http://www.lawfit.org)[**www.facebook.com/obpolice**](http://www.facebook.com/obpolice)[**www.obms.us**](http://www.obms.us)

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

**Registration Fee:** $75 Per Participant ($85 for late registration after June 2, 2014)

**Deadline:** Entries must be registered by June 2, 2014

 **Hotel Registration:** Competitors should reserve their rooms by calling:

Whispering Woods Hotel & Conference Center, Olive Branch, MS

 Call Group Reservations toll free @ (866)-851-0393 or (662)-895-2941. Mention “National LawFit Challenge” to receive the group rate of $75.00 per night. Reservations should be made by May 19, 2014.

For further information, please contact:

Capt. Thomas Tuggle - 601-933-2129 - mrt2usmc@msn.com

Lt. LeAnn Farr - 662-420-9911 - lfarr@obms.us

OR

Dr. Dave Bever (George Mason University) at 703-993-2071

Awards will be presented to the top teams & top competitors in the following categories:

 \* Overall Individual Male and Female

 \* 4-Man Team

 \* 4-Person Mixed Team (2-Men/2-Women)

 \* Men’s Pairs and 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 categories.