



# 14th Annual National LawFit Challenge



## JULY 16-18, 2015

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 participating 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 July 3, 2015)

**Deadline:** Entries must be registered by July 10, 2015

**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 June 16, 2015.**

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

- \* Overall Individual Male and Female
- \* 4-Man Team
  
- \* Men's Pairs and Women's Pairs
- \* Mixed Pairs (1-Man/1-Woman)
- \* Individual Event Winners

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 703-424-6154

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

