



# 15<sup>th</sup> Annual National LawFit Challenge



**JUNE 9-11, 2016**

**HOSTED BY:**

**PEARL POLICE DEPARTMENT/ RANKIN COUNTY SHERIFF'S  
OFFICE**

**MISSISSIPPI LAW ENFORCEMENT OFFICER'S TRAINING ACADEMY  
MISSISSIPPI HIGHWAY PATROL  
LAWFIT PUBLIC SAFETY FITNESS FOUNDATION**

**[www.lawfit.org](http://www.lawfit.org)**





# 15<sup>th</sup> Annual National LawFit Challenge

## JUNE 9-11, 2016

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)

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

**Registration Fee:** \$75 Per Participant (\$85 for late registration after April 9, 2016)

**Deadline:** Entries must be registered by May 9, 2016

**Hotel Registration:** Competitors should reserve their rooms by calling:  
Holiday Inn, 110 Bass Pro Drive, Pearl, MS  
Call Group Reservations @ (601) 939-5238. Mention "National LawFit Challenge" to receive the group rate of \$89.00 per night. **Reservations should be made by May 6, 2016.**

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

- \* Overall Top performer will receive handgun
- \* Overall Individual Male and Female
- \* 4-Man Team
- \* 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.

For further information, please contact:  
Major. Thomas Tuggle - 601-383-2794 - mrt2usmc@msn.com  
Lt. John Johnson - 601-238-2170 - jjohnson@cityofpearl.com  
OR  
Dr. Dave Bever at 703-424-6154

# 15th Annual National LawFit Challenge

Thursday, Friday & Saturday June 9-11, 2016  
Pearl, MS

**\*\*Registration Forms due by Monday May 9, 2016\*\***

## APPLICANT INFORMATION

(Please type or print legibly.)

Participant's Name: \_\_\_\_\_ DOB: \_\_\_\_\_  M  F  
Agency Name: \_\_\_\_\_  
Agency Address: \_\_\_\_\_  
Work Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_ Shirt Size: S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ XXL \_\_\_  
Email Address: \_\_\_\_\_

Do you require special accommodations under provision of the Americans with Disabilities Act?  Y  N

If yes, please state the nature of the accommodation required:

## EXPRESSED ASSUMPTION OF RISK

I \_\_\_\_\_ am fit for full duty as a law enforcement officer and am physically able to participate in the 2016 National LawFit Challenge. I further recognize that this event's physical activities (one repetition maximum bench press, 60-second sit-up test, sit & reach flexibility test, maximum repetition pull-up test, 1.5 mile run, and 200 yard suspect pursuit) have the potential to put significant stress on the cardiovascular and musculoskeletal systems of participants. Per the Manual of the World Anti-Doping Agency (WADA) and as a competitor in the LawFit Challenge, I attest that I have not used Performance Enhancing Drugs (PEDS) in preparation for this event. Additionally, I give LawFit and the City of Pearl permission to use my photo and/or video for any purpose without compensation to me and such photos and/or video are the sole property of LawFit and the City of Pearl, Mississippi.

Signature of participating officer: \_\_\_\_\_

Signature of agency supervisor: \_\_\_\_\_

Print name and address of agency supervisor: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_ Email: \_\_\_\_\_

**Registration - \$75. Make checks payable to: Friends of Public Safety in Pearl INC – National LawFit Challenge**

**Mail this form and your registration check to:**

**Friends of Public Safety in Pearl Inc**

**Attn: Lt. John Johnson 2016 National LawFit Challenge**

**2561 Old Brandon Road**

**Pearl, MS 39208**

**Phone: 601-238-2170**

**Email: [jjohnson@cityofpearl.com](mailto:jjohnson@cityofpearl.com)**

**Visit: [www.lawfit.org](http://www.lawfit.org)**



## National LawFit Challenge

### FITNESS TESTS



#### **BENCH PRESS**

When ready to lift, the officer will take the bar out of the rack and lower it to his/her chest (at or slightly below nipple level). The lifter will pause the weight at chest level until the judge gives the command to press. At the command "Press," the lifter will drive the weight upward until the arms are fully extended and hold this position until he/she is told to rack the weight. During this lift the officer must have both feet flat on the floor and his/her buttocks must remain in contact with the bench at all times.

#### **ONE MINUTE SIT-UPS**

The sit-ups will be performed on a padded floor mat. The officer's knees will be flexed at approximately a 90-degree angle and a spotter will anchor his/her feet in place. The officer will cross the arms and place his/her fingertips on the shoulders. A sit-up will be completed when the officer sits up and touches the top of the knees with his/her elbows, and then returns to the mat. Once the shoulder blades touch the mat, the officer can repeat the process. The officer should do as many as possible in one minute for the maximum accumulation of points. At all times the buttocks must remain in contact with the mat and the hands must remain on the shoulders.

#### **SIT AND REACH**

The officer will sit on the floor with his/her bare or stockinged feet flat against the measuring box. A partner will hold the officer's knees to prevent them from bending as he/she moves forward. Placing one hand over the other, the person will reach out over the box as far as possible and return to the starting position. This will be repeated three times: the movement back and forth will be steady and smooth (no ballistic movements). On the third reach, the officer will hold his/her fingertips on the measuring box until the tester can record the measurement.

#### **PULL-UPS**

This test will be performed with the hands placed at shoulder width or wider on the bar with palms facing away from the body. In the starting position, the officer will hang from the bar with the arms fully extended. At the command "go" the officer will lift himself/herself up until the chin touches the bar, and then lower himself/herself back to the starting position. The officer will pause in the fully extended position until the "go" command is given by the judge. This motion will be repeated as many times as possible.

#### **1.5- MILE RUN**

The 1.5-mile run is a timed event that will be completed on a 400 -meter track. Officers will be paired with spotters who will count their laps and keep track of their finishing times.

# National LawFit Challenge

## AGILITY COURSE

Using laser targeting system  
fire & hit target. A **successful**  
shot stops the clock.

