

Pump n' Run

A runner's Net time will be based on how many times he/she can bench press and curl their body weight according to the chart below. A runner will be able to reduce his/her running time by 15 seconds per Bench Press Repetition, with a maximum number of 50 reps for each the bench press and curl.

BENCH CHART

Jr. Men 15 to 18.....	Contestants will bench press 65% of their weight
Men 19 to 39.....	Contestants will bench press 80% of their weight
Men 40 to 49.....	Contestants will bench press 70% of their weight
Men 50 to 59.....	Contestants will bench press 60% of their weight
Men 60 and over.....	Contestants will bench press 50% of their weight
Jr. Women 15 to 18	Contestants will bench press 45% of their weight
Women 19 to 39	Contestants will bench press 60% of their weight
Women 40 to 49	Contestants will bench press 50% of their weight
Women 50 to 59	Contestants will bench press 40% of their weight
Women 60 and over ...	Contestants will bench press 60% of their weight

CURL CHART

Jr. Men 15 to 18	Contestants will curl 40% of their weight
Men 19 to 39.....	Contestants will curl 45% of their weight
Men 40 to 49.....	Contestants will curl 40% of their weight
Men 50 to 59.....	Contestants will curl 35% of their weight
Men 60 and over.....	Contestants will curl 30% of their weight
Jr. Women 15 to 18	Contestants will curl 35% of their weight
Women 19 to 39	Contestants will curl 40% of their weight
Women 40 to 49	Contestants will curl 35% of their weight
Women 50 to 59	Contestants will curl 30% of their weight
Women 60 and over	Contestants will curl 25% of their weight

BENCH PRESS RULES

1. Bench Press weight amount determined by Age and Gender (see chart above). Lifting Weight will be rounded to the nearest multiple of 5.
2. Rep begins at full arm extension, then lowered until bar touches chest, then back to full extension.
3. No resting Pause! A noticeable resting pause at either of these two positions will nullify previous rep.
4. Back and Rear must be flat on bench, and both feet must be flat on ground at all times.
5. Hands must be inside, or touching, the two smooth rings on an Olympic Bar.
6. During weigh-in, minimum attire must be Shorts, T-Shirts and Socks.
7. NO BOUNCING BAR OFF CHEST! Rep will not count if bar bounces off chest.
8. ALL JUDGES RULINGS ARE OFFICIAL