

1ST ANNUAL **LAWFIT** **VS. FIREFIT** **CHALLENGE**

Hosted by First Responders of Mississippi
and the Mississippi Highway Patrol



July 26-27, 2019 • FREE TO THE PUBLIC

9:00am • Baptist Health Plex
6:30pm • Madison Central High School

9:00am • Baptist Health Plex
for Awards Brunch



1ST ANNUAL LAWFIT VS. FIREFIT CHALLENGE

SPONSORSHIP LEVELS

\$3,000 OFFICIAL SPONSOR

- Official Event Polo Shirt
 - Company LOGO on T-Shirt
 - Opportunity for placing promotional items in participants bags
 - Plaque presentation during awards brunch
 - Promoted on all Social Media Accounts
 - Company Name and Logo assigned to events.
-

\$2,000 GOLD SPONSOR

- Official Event Polo Shirt
 - Company LOGO on T-Shirt
 - Opportunity for placing promotional items in participants bags
 - Plaque presentation during awards brunch
 - Promoted on all Social Media Accounts
-

\$1,000 SILVER SPONSOR

- Recognition at Awards Brunch
 - Official Bag Sponsor
-

\$500 FIELD SIGN SPONSOR

- Your company logo on Field signs for the Competition
-

\$500 FRIEND OF LAWFIT/FIREFIT

- Your name will be on all signage

For further information, please contact:

Lt. Col. Thomas Tuggle • 601-383-2794 • mrt2usmc@gmail.com
Ruth Ann Rigby • 601-613-7088 • ruthann@firstrespondersofms.com





1ST ANNUAL LAWFIT VS. FIREFIT CHALLENGE

SPONSORSHIP SIGN UP FORM

LEVELS

- \$3,000 OFFICIAL SPONSOR
- \$2,000 GOLD SPONSOR
- \$1,000 SILVER SPONSOR
- \$500 FIELD SIGN SPONSOR
- \$500 FRIEND OF LAWFIT/FIREFIT

I (Participant) have enclosed the following amount of \$_____ to assist the
June 26-27, 2019 National LawFit/FireFit Challenge at the level checked above.

***Register today to maximize sponsorship. Deadline is June 30, 2019.**

Make check payable to:

First Responders of Mississippi,
Attn: LawFit/FireFit
1147 Hilda Drive
Jackson, MS 39213

***You may also register your sponsorship online at firstrespondersofms.com**

Contact Person _____ Shirt Size S M L XL XXL

Organization _____

Organization Address _____

Organization Number _____

Email Address _____

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1ST ANNUAL LAWFIT vs. FIREFIT CHALLENGE

FIVE FITNESS & JOB RELATED COMPETITIVE EVENTS:

- **PUSH-UPS TO FAILURE**
- **ONE MINUTE TIMED SITUPS**
- **PULL-UPS TO FAILURE**
- **1.5 MILE RUN**
- **175 YARD AGILITY COURSE**

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. Movement standards listed within the packet.

Additional Info: firstrespondersofms.com

Who Can Participate? We're inviting all Law Enforcement / Firefighter agencies in the United States. Law Enforcement/ Firefighter credentials required at check-in on first day.

Registration Fee: \$50 Per Participant (\$85 for late registration after June 26, 2019)

Deadline: Entries must be registered by June 26, 2019

Hotel Registration: **We have a room block at Hilton Garden Inn in Madison, MS. Book early under FROM/LawFit/FireFit room block.**
320 New Mannsdale Rd, Madison, MS 39110 • Phone: (601) 420-0442

Building Your Team Law Enforcement and Firefighters will be divided into two teams and once you register, you will be contacted by the Coordinator for Law Enforcement and Firefighters on your teams. Registration is Limited, please register today. Contact Col. Thomas Tuggle • 601-383-2794 • mrt2usmc@gmail.com or Ruth Ann Rigby • 601-613-7088 • ruthann@firstrespondersofms.com

Awards will be presented in the following categories:

- Top Overall Competitor
- Top Overall Individual Law Enforcement competitor
- Top Overall Individual Fireman competitor
- Most Fit Profession (Fire or Law)-based on the combined scores of the top 30 competitors in each profession.

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

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1ST ANNUAL LAWFIT VS. FIREFIT CHALLENGE

REGISTRATION FORM DUE BY JUNE 26

APPLICANT INFORMATION

Please Type or Print Legibly

Participants Name _____ DOB: _____ M F

Agency Name _____ Age _____

Agency Address _____

Work Phone # _____ Cell Phone # _____

Email Address _____ Shirt Size S M L XL XXL

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/ Firefighter and am physically able to participate in the 2019 LawFit/FireFit Challenge. I further recognize that this event's physical activities (60-second sit-up test, push-ups to failure, 1.5 mile run, pull-ups to failure, and 175 yard agility course) 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/FireFit Challenge, I attest that I have not used Performance Enhancing Drugs (PEDS) in preparation for this event. Additionally, I give LawFit/FireFit and the host Law Enforcement Officer/ Firefighter agencies 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/FireFit and the First Responders of Mississippi.

Signature of participating officer _____

Signature of agency supervisor _____

Print your name and address of agency supervisor _____

Phone Number _____ Fax Number _____ Email _____

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FITNESS TEST

PUSH-UPS TO FAILURE

Pushups are the standard military type with the body at a 40-45 degree angle, supported on hands and toes. Beginning in the “up” position, one push-up is counted for each drop to fist height at the chest using good form with back straight and returning to the “up” position. Maximum push-ups are counted to failure. Pausing to rest in the top position is not allowed.

ONE MINUTE SIT-UPS

The sit-ups will be performed on a padded floor mat. The officer/firefighter’s knees will be flexed at approximately a 90-degree angle and a spotter will anchor his/her feet in place. The officer/firefighter will cross the arms and place his/her fingertips on the shoulders. A sit-up will be completed when the officer/firefighter 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/firefighter can repeat the process. The officer/firefighter 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.

PULL-UPS TO FAILURE

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/firefighter will hang from the bar with the arms fully extended. At the command “go” the officer/firefighter 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 marked street surface. Each competitor will be equipped with computer chip technology to track and record their time.

175 AGILITY COURSE

See Course Layout on next page.

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AGILITY COURSE



Officer/Firefighter is given a physical description of a suspect/victim

START when monitor says go

Run 25 yds.



Water Jump 4 ft.

Run 25 yds.



Climb over 5ft obstacle

Run 10 yds.



Low Crawl 2'h x 10'l

Run 25 yds.



Using a sledgehammer drive piston to end of track

Run 15 yds.



Climb through window 3 ft. above ground

Run 10 yds.



Climb 8" step 12 times (up/up, down/down)

Run 15 yds.



Identify suspect/victim

Run 20 yds.

Drag victim 5 yds to safety



Run 25 yds.



Perform 5 cycles of CPR 30 compressions 2 ventilations



End of CPR clock stops