

Oak Grove Warrior Pump and Pant Extravaganza

When: May 28, 2010 @ 5:30 p.m.
What: 5k run/bench press competition
Where: Oak Grove High School

RULES

This event will start with a weigh-in at the field house. Participants will bench press a percentage of their body weight as many consecutive times as possible. Time deductions will be awarded for each repetition completed.

The 5k run will take place 10 minutes after the last lifter has completed their lifts. 5K times will be recorded and bench press time deductions will be calculated. Overall finishing time will be calculated and winners will be awarded.

Female participants will lift 50% of their body weight and Male participants 70%.

Time Deductions per Rep.

Male/Female 39 and under	20 seconds
Male/Female 40-59	25 seconds
Clydesdales(200lbs) /Athena(145lbs)	27 seconds
Male/Female 60+	27 seconds

Cost: \$10 for Pump and Pant or \$25 for Pump and Pant/Oak Grove Running Festival
combo(8/21/10)

Detach and return entry below. Make checks payable to Oak Grove High School Track

Return to: Name: _____ Age (as of 5/28/10): _____
Pump and Pant Competition Address: _____ Sex: _____
Attn: Robin Ryder Phone: _____
38 Pompano Dr.
Hattiesburg, MS 39402 Circle Shirt Size: S M L XL

Waiver: In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims I may have against Oak Grove High School, The Lamar County School District, and any individuals connected with the sponsoring of this race, and for any injuries, loss or death sustained by me. I am in good physical condition for this race.

Signature _____ Date _____
(If participant is under 18, parent or guardian must sign)