

## CHASE CHALLENGE

The Chase Challenge is a 5 event competition where competitors do the below five events where they can score up to 100 points per event depending upon how well one performs. The highest possible score would then be 500 points.

1. **Event 1 - Bench press** - competitors get two attempts to do one lift. The highest weight lifted of the two lifts scores points.
2. **Event 2 - Pull ups** - competitors get one attempt at doing the most pull ups in an unlimited amount of time without stopping.
3. **Event 3 - Shot put throw** - competitors get two attempts to throw a shot put. The furthest distance throw scores points (there will be a male and female shot put.)
4. **Event 4 - 100 yard dash** - competitors get one attempt at sprinting 100 yards and the time will score points.
5. **Event 5 - 5K run** - competitors run 3.1 miles (5K) and will be scored based on finish time.

Top competitors will receive awards (male and female categories)