

# REGISTRATION

Go to [GetMeRegistered.com](http://GetMeRegistered.com) and search for "Back the Blue"!

Shirt guaranteed through 8/19!

# EVENT DESCRIPTION

Back the Blue is a 5K run/walk combined with an optional pump challenge, where the participant can subtract time off their running time based on how many times he or she can bench press a percent of their weight. The top male and female participants in each age category will receive a medal.

To calculate the score, an athlete will reduce their 5k run time by 30 seconds for each successful lift. (Max 30 reps for a max of 15-minute reduction). Percentage is determined by age and gender.

# EVENT SCHEDULE

- 7-8:15 a.m. - Registration/Check-in
- 7-8:30 a.m. - Pump Event (Optional)
- 8:30 a.m. - 100 m Kids Run
- 9 a.m. - 5k Race
- Post race refreshments

## Event Partners



Questions?  
Contact Derek Doebel  
[doeb@iastate.edu](mailto:doeb@iastate.edu)



Brought to you by:  
Members of local law enforcement

**Saturday, September 29, 2018**  
**Brookside Park - Ames, IA**

Benefiting: **Special Olympics**  
Iowa



# Weight Lifting Rules

- During weigh-in, minimum attire must be shorts, shirt and socks.
- Rep begins at full arm extension, then bar is lowered down until it touches chest, then back to full extension.
- Arms must “lock-out” at top position.
- Back and rear must be flat on bench, and both feet must be flat on ground.
- Hands must be inside, or touching, smooth, outer rings of Olympic Bar.
- No bouncing bar off chest. Rep will not count if bar bounces off chest.
- Motion must be continuous with no rests or pauses at the top and chest positions. A noticeable resting pause will nullify previous rep.
- Liability Waiver must be signed prior to pumping.

## Women's Weight & Age

	18-29	30-39	40-49	50-59	60+
95	45	50	45	40	30
100	50	55	50	40	30
105	50	60	50	40	30
110	55	60	55	45	35
115	55	65	55	45	35
120	60	65	60	50	35
125	60	70	60	50	35
130	65	70	65	50	40
135	65	75	65	55	40
140	70	75	70	55	40
145	70	80	70	60	45
150	75	80	75	60	45
155	75	85	75	60	45
160	80	90	80	65	50
165	80	90	80	65	50
170	85	95	85	70	50
175	85	95	85	70	50
180	90	100	90	70	55
185	90	100	90	70	55
190	95	105	95	75	55
195	95	105	95	80	60
200	100	110	100	80	60
205	100	115	100	80	60
210	105	115	105	85	65
215	105	120	105	85	65

## BENCH PRESS PERCENTAGES



## Men's Weight & Age

	18-29	30-39	40-49	50-59	60+
95	70	75	65	55	45
100	75	80	70	60	50
105	80	85	75	65	50
110	80	90	75	65	55
115	85	90	80	70	55
120	90	95	85	70	60
125	95	100	85	75	60
130	95	105	90	80	65
135	100	110	95	80	65
140	105	110	100	85	70
145	110	115	100	85	70
150	110	120	105	90	75
155	115	125	110	95	75
160	120	130	110	95	80
165	125	130	115	100	80
170	125	135	120	100	85
175	130	140	120	105	85
180	135	145	125	110	90
185	140	150	130	110	90
190	140	150	135	115	95
195	145	155	135	115	95
200	150	160	140	120	100
205	155	165	145	125	100
210	155	170	145	125	105
215	160	170	150	130	105
220	165	175	155	130	110
225	170	180	155	135	110
230	170	185	160	140	115
235	175	190	165	140	115
240	180	190	170	145	120
245	185	195	170	145	120
250	185	200	175	150	125
255	190	205	180	155	125
260	195	210	180	155	130
265	200	210	185	160	130
270	200	215	190	160	135
275	205	220	190	165	135
280	210	225	195	170	140
285	215	230	200	170	140
290	215	230	205	175	145
295	220	235	205	175	145
300	225	240	210	180	150