

ULT Olympics Rules



Happy August and Olympic games month! In honor of Rio hosting the 2016 Summer Olympic Games, Up Lift Training is having our very own version of the Olympics! There will be 5 “Events”, one each week. You have randomly chosen your team (see below)

Brazil, China and Germany. The 4 men have been divided evenly and there are 3-4 participants on each team. There will be a men’s and a women’s category for each event, meaning the difficulty level will be different for men vs women. Everyone will participate in each event and each participant will receive points based on which place they fall into. Each participants is allowed 3 tries at each event.

1 st	200 points
2 nd	175 points
3 rd	150 points
4 th	100 points
5 th	90 points
6 th	80 points
7 th	70 points
8 th	60 points
9 th	50 points
10 th	40 points
11 th	30 points
12 th	20 points
13 th	10 points
14 th	5 points
15 th	0 points

The team with the most points at the end of the month WINS. The winning team members will receive 10% off of their October membership!! Good luck!!

Brazil

Kurt Lederman

Brittany Collins

Tess Collins

Beth Conley



China

Eric Fischesser

Allison Geary

Susan Collins

Stephanie Fischesser



Germany

Mike Prestigiacomo

Nicole Parr

Jill Collins

Tina Young



Italy

Emily Petty

Scott Menefee

Barbara Menefee



EVENTS

Fastest 500 meter row

AUGUST 1-6

Heavy med ball throw (distance)

AUGUST 8-13

Fastest 25 meter sled push

AUGUST 15-20

Most jump ropes in 60 seconds

AUGUST 22-27

Highest box jump

AUGUST 29-SEPTEMBER 3

Weights TBD