

We are setting a 10 team max for Men's and Women's Categories. Please register your team as soon as possible to secure your team's spot in the competition. Below is the scoring we will use for each division. The team with the most points at the end of the competition will win!

Cash prize to 1st and 2nd Place Teams!
Long-Sleeve T-Shirts awarded to 3rd Place Teams.

SCORING

- 1st Place: 10 points
- 2nd Place: 9 points
- 3rd Place: 8 points
- 4th Place: 7 points
- 5th Place: 6 points
- 6th Place: 5 points
- 7th Place: 4 points
- 8th Place: 3 points
- 9th Place: 2 points
- 10th Place: 1 point

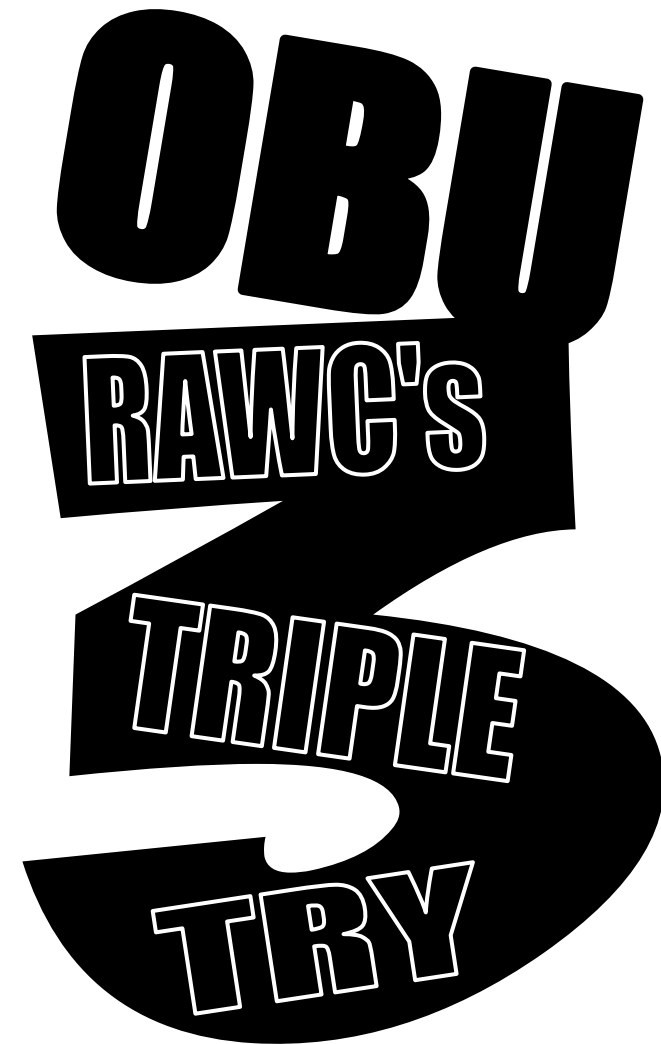


MONDAY

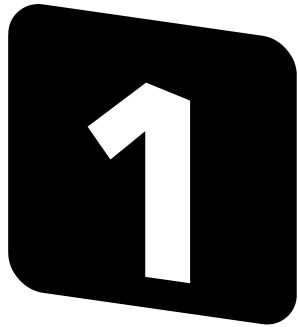
FEBRUARY 20TH 7:00 PM

- >3 Participants on a Team
- >Men and Women Divisions
- >Each category has three divisions. Each team member registers and competes for only one division per category. (Each team member will compete in 3 events on competition night.)
- >Cash prize to 1st and 2nd Place Teams, Long-Sleeve T-Shirts awarded to 3rd Place Teams.
- >\$5.00 per team member is required to register.
- >Team Registration deadline is Feb 15th at Noon
- >Register at the RAWC Front Desk by deadline.
- >Training for your specified event is encouraged.
- >Front Desk 405-585-5223
- >Good Luck!

It is not that we think we are qualified to do anything on our own. Our qualification comes from God.
2 Corinthians 3:5



3 TO A TEAM
3 CATEGORIES
3 DIVISIONS
3 MINUTE CHALLENGES



Bear Crawl

Men & Women: Team member will bear crawl back and forth from baseline to half court as many times as possible in 3 minutes. Participant (in each gender) who crawls the most lengths will win this division.

Sprints

Men & Women: Team member will sprint as fast as possible down the court and back as many times as possible in 3 minutes. Participant (in each gender) who completes the most lengths of the court will win this division.

90 Degree Squats

Men & Women: Team member will perform as many (90 degree knees) squats as possible in 3 minutes. Participant (in each gender) who completes the most correct repetitions will win this division.



Double Unders Jump Rope

Men & Women: Team member will perform as many double under jumps with a jump rope as possible in 3 minutes. Participant (in each gender) who completes the most complete jumps will win this division.

Pushups

Men: Team member will perform (on feet) (90 degree elbows) as many reps as possible in 3 minutes. **Women:** Team member will perform (on knees)(90 degree elbows) as many reps as possible in 3 minutes. Participant (in each gender) to perform the most repetitions will win this division.

Bench Jumps

Men: Team member will perform as many two foot jumps on bench as possible in 3 minutes. **Women:** Team member will perform as many two foot jumps on bench as possible in 3 minutes. Participant (in each gender) to perform the most repetitions will win this division.



Sunken Treasure

Men & Women: Team member has 3 minutes to dive to the deep end and bring up lost treasure from the bottom. Participant (in each gender) that brings up the most treasure will win this division.

Laps

Men & Women: Team member will swim as many lengths of the pool as possible in 3 minutes. Participant (in each gender) that completes the most lengths will win this division.

LONGEST SPLASH

Men & Women: Team member will jump off of the diving board to make the longest splash towards the shallow end. Team member receives 3 tries. Participant (in each gender) to make the longest splash will win the division.