

## 2009 NVCJTA FITNESS CHALLENGE RESULTS

### Females

1. Sherry Sprague, 40, NVCJTA – 3782.5 points

Push-ups 70 (613), sit-ups 52 (356), pull-ups 20 (600), vertical jump 17.6' (298), bench 160 1.1x (700+50 bonus), S&R 20.0' (220), 1.5 mile 12:13 (575.5), 300 meter 61.2s (270) body comp 14.8% (100)

2. Corrine Czekaj, 23, LCSO – 3116 points

Push-ups 33 (238), sit-ups 50 (334), pull-ups 13 (390), vertical jump 20.9' (424), bench 110 .81x (410), S&R 24.0' (380), 1.5 mile 12:30 (550), 300 meter 59s (290) body comp 16.0% (100)

3. Kaitlyn Rink, 25, ACPD – 2931.5 points

Push-ups 29 (214), sit-ups 49 (325), pull-ups 4 (120), vertical jump 21.0' (428), bench 95 .75x (350), S&R 21.75' (290), 1.5 mile 10:37 (719.5), 300 meter 52.3s (375) body comp 13.8% (100), BP (10 bonus)

### Males

1. Jason Hough, 28, LCSO – 4024.6 points

Push-ups 104 (434), sit-ups 74 (605), pull-ups 26 (520), vertical jump 30.9' (365), bench 385 1.89x (863), S&R 25.75' (397), 1.5 mile 10:23 (490.6), 300 meter 51.0s (250) body comp 10.4% (100)

2. Adam Crider, 29, ACPD – 3918.4 points

Push-ups 83 (344), sit-ups 52 (290), pull-ups 31 (620), vertical jump 35.9' (465), bench 365 2.13x (1031+50 bonus), S&R 25.25' (387), 1.5 mile 11:57 (321.4), 300 meter 45.5s (310) body comp 4.4% (100)

3. Reginald Garrett, 39, MD ST – 3327.4 points

Push-ups 100 (412), sit-ups 62 (425), pull-ups 28 (560), vertical jump 24.9' (380), bench 295 1.6x (660), S&R 19.25' (219), 1.5 mile 11:57 (321.4), 300 meter 51.4s (250) body comp 10.9% (100)

4. Paul Lee, 34, ACSO – 2481 points

Push-ups 68 (284), sit-ups 60 (395), pull-ups 12 (240), vertical jump 27.8.' (305), bench 205 1.1x (310), S&R 24.75' (359), 1.5 mile 10:30 (478), 300 meter (100) body comp 12.0% (100), BP (10 bonus)

5. Steven Meincke, 40, ACPD – 2220.4 points

Push-ups 40 (172), sit-ups 42 (190), pull-ups 12 (240), vertical jump 26.0' (270), bench 240 1.28x (436), S&R 21.5 (282), 1.5 mile 11:52 (330.4), 300 meter 56.4s (200) body comp 13.8% (100)

6. Easton McDonald, 42, LCSO – 2210.6 points

Push-ups 50 (212), sit-ups 43 (200), pull-ups 12 (240), vertical jump 24.9' (250), bench 345 1.5x (590), S&R 19.5.' (226), 1.5 mile 12:13 (292.6), 300 meter 73s (100) body comp 13.1% (100)

7. Tom Fitzpatrick, 57, NVCJTA – 1478.4 points

Push-ups 35 (152), sit-ups 45 (220), pull-ups 2 (40), vertical jump 21.2.' (175), bench 160 .86x (142), S&R 18.0' (191), 1.5 mile 12:32 (258.4), 300 meter 56.3s (200) body comp 14.2% (100)