

The Rouse Games

Male Challenges

	1 RM Bench Press	1 RM Back Squat	1 RM Dead Lift	Pull Up Test	2 Min Sit-Up	1 Minute Jump Rope	5K Run	1 Mile Run	200 yd Swim	500m Row
35 & Under										
Gold	1.5xBW	1.65xBW	2XBW	20	100	180	21:00:00	5:30	2:30	1:45
Silver	1.25xBW	1.4BW	1.75xBW	15	75	165	25:00:00	6:30	3:00	1:50
Bronze	BW	BW	1.5BW	10	50	145	28:00:00	8:30	4:00	1:55
36-45										
Gold	1.5xBW	1.65xBW	2xBW	16	100	180	22:00:00	6:00	2:45	1:50
Silver	1.25xBW	1.4xBW	1.75xBW	10	75	155	25:00:00	7:00	3:15	1:55
Bronze	BW	BW	1.5xBW	8	50	135	28:30:00	8:45	4:15	2:05
46-55										
Gold	1.25xBW	1.5xBW	1.75xBW	12	100	170	23:00:00	7:00	3:00	2:00
Silver	1.15xBW	1.25xBW	1.5xBW	8	75	145	28:00:00	7:30	3:30	2:05
Bronze	BW	BW	1.25xBW	6	50	125	30:00:00	9:00	4:30	2:15
56-65										
Gold	BW	1.25xBW	1.5xBW	6	90	160	29:00:00	8:30	3:30	2:10
Silver	.90xBW	.75xBW	1.25xBW	4	65	135	32:00:00	9:30	4:00	2:15
Bronze	.75xBW	.30xBW	BW	2	25	115	34:00:00	10:30	4:45	2:25
66 & Over										
Gold	.75xBW	.90xBW	1.25xBW	3	60	150	31:00:00	9:30	4:00	2:20
Silver	.50xBW	.60xBW	BW	2	40	125	34:00:00	10:30	4:30	2:25
Bronze	.25xBW	.30xBW	.75xBW	1	20	100	36:00:00	11:30	5:00	2:35

Gold= 5 points

Silver= 3 points

Bronze= 1 point