

The Rouse Games

Female Challenges

	1 RM Bench Press	1 RM Back Squat	1 RM Dead Lift	Pull Up Test	2 Min Sit-Up	1 Min Jump Rope	5K Run Test	1 Mile Run	200 yd Swim	500m Row Test
35 and Under										
Gold	.85xBW	1.25xBW	1.5xBW	4	100	180	23:00:00	6:45	3:00	2:05
Silver	.75xBW	BW	1.25xBW	3	75	165	24:30:00	7:30	3:30	2:10
Bronze	.50xBW	.75xBW	BW	1	50	145	28:00:00	8:30	4:00	2:20
36-45										
Gold	.80xBW	1.25xBW	1.50xBW	3	100	180	25:00:00	7:00	3:15	2:10
Silver	.75xBW	BW	1.25xBW	2	75	155	27:00:00	8:00	3:45	2:15
Bronze	.50xBW	.75xBW	BW	1	50	135	29:00:00	9:00	4:15	2:25
46-55										
Gold	.75xBW	BW	1.25xBW	2	100	170	26:00:00	7:30	3:30	2:20
Silver	.60xBW	.75xBW	BW	1	75	145	28:00:00	9:00	4:00	2:25
Bronze	.40xBW	.65xBW	.75xBW	flex 15 sec	50	125	33:00:00	9:30	4:30	2:35
56-65										
Gold	.70xBW	.75xBW	BW	1	75	145	31:00:00	9:30	3:45	2:30
Silver	.50xBW	.65xBW	.85xBW	flex 15 sec	50	130	35:00:00	10:30	4:15	2:35
Bronze	.30xBW	.40xBW	.65xBW	flex 10 sec	25	115	37:00:00	11:30	5:00	2:45
66 and Over										
Gold	.60xBW	.60xBW	BW	1	60	130	35:00:00	11:00	4:00	2:40
Silver	.40xBW	.40xBW	.75xBW	flex 10 sec	40	115	37:00:00	12:00	4:30	2:45
Bronze	.20xBW	.25xBW	.50xBW	flex 5 sec	20	100	40:00:00	13:00	5:15	2:55

Gold= 5 points

Silver= 3 points

Bronze= 1 point