



FIREFIGHTER CHALLENGE FOR LAKE & SUMTER COUNTY FIREFIGHTERS STATE AND NATIONAL COMPETITORS WELCOME

MARCH 19, 2011

8 AM

In association with the Scott Firefighter Combat Challenge and their vested interest in firefighter fitness, health and safety, this event will be supported by the official Challenge Tower, Keisers and Start System.

Proudly Sponsored By:



Professional Firefighters of Tavares, Local 3245
Leesburg Professional Firefighters 
Lake County's Firefighters 

National Training Center
Municipal Equipment
Lake/Sumter Fire Chief's Association



Location: Lake Tech Fire Academy

Purpose: To promote physical fitness for our firefighters

Registration: Contact Lake Tech at 352.742.6463 no later than March 17, 2011
NO REGISTRATIONS WILL BE ALLOWED THE DAY OF THE EVENT

Practice info: March 4 and 11 from 9 a.m. to noon
Call Lake Tech 352.742.6463 ext. 221 to sign-up for practice

Gear: Personal gear to be worn, Lake Tech will provide AirPaks

Food: Vendors will be on site for food and beverages

The Challenge consists of Five Events: (in this order)

1. 5-story tower climb with high rise pack
2. Hose hoist from top of tower
3. Forcible entry sled
4. 100' Hose advancement
5. 100' Dummy rescue

Fees: *Individual:* \$10 per person
Divisions: 17-29 / 30-39 / 40-49 / 50+ / Female
Team: \$40 per team

4-person team representing a fire station, department or school.
Corporate Team Division, no firefighter gear required to compete.

Awards: All competitors will receive a T-Shirt.
Top individual in each division will receive an award.
Top Team will receive an award.