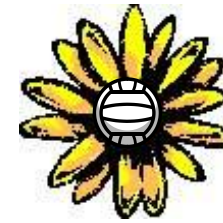


**CLASSES May 1-29:**  
**Aerobics/Core/Synchro-Ride/  
 Yoga/Zumba:**

Receive 1 participation point for each class attended in its entirety (up to 2 classes per week)

# May 2014

## SPRING GAMES ACTIVITES



Monday	Tuesday	Wednesday	Thursday	Friday
<div style="background-color: black; color: white; padding: 5px; text-align: center;"> <b>*Events may be performed prior to (but not after) scheduled date.</b> </div>			<b>May 1</b>  BASKETBALL (free-throw & 2min. shootout)  <b>5K Run/Walk</b>	<b>2</b>  BASKETBALL (free-throw & 2min. shootout)  <b>5K Run/Walk</b>
<b>5</b>  BENCH PRESS	<b>6</b>  BENCH PRESS	<b>7</b> <i>Mystery TEAM Event</i>  <b>ROWING</b>	<b>8</b>  <b>ROWING</b>  2 MILE WALK	<b>9</b>  <b>ROWING</b>  2 MILE WALK
<b>12</b>  PRT CHALLENGE	<b>13</b> PRT CHALLENGE  SWIM MEET 500yd, 100 IM, 200yd Medley Relay	<b>14</b>  SWIM MEET	<b>15</b>  PULL/PUSH  SWIM MEET	<b>16</b>  PULL/PUSH  SWIM MEET
<b>19</b>  OUTDOOR TRIATHLON	<b>20</b>  OUTDOOR TRIATHLON	<b>21</b> <b>VOLLEYBALL</b>  <i>NAT'L EMPLOYEE HEALTH &amp; FITNESS DAY</i>  <b>CIRCUIT WEIGHTS</b>	<b>22</b>  <b>CIRCUIT WEIGHTS</b>	<b>23</b>  <b>CIRCUIT WEIGHTS</b>
<b>26</b>  <i>Memorial Day!</i>	<b>27</b>  LIFECYCLE	<b>28</b>  <b>MYSTERY EVENT</b>  LIFECYCLE	<b>29</b>  <b>STEAK NIGHT</b>	<b>30</b>

# 2014 SSC SPRING GAMES

## REGISTRATION

Please fill out the top portion of this form and check events in which you would like to participate. Return flyer to: SSC Wellness Center, Bldg. 2119, or fax to x7845, or e-mail to [ssc-wellnesscenter@nasa.gov](mailto:ssc-wellnesscenter@nasa.gov).

If you are on a team, you may give your registration form to your team captain.

**Name** \_\_\_\_\_ **Gender:** \_\_\_\_\_  
**Company:** \_\_\_\_\_ **Bldg. Mail Code:** \_\_\_\_\_ **Ph. Ext:** \_\_\_\_\_  
**E-Mail Address:** \_\_\_\_\_ **Team** (if known): \_\_\_\_\_

**AGE** \_\_\_\_\_ (Required for Scoring)

## Events Schedule/Registration

(Signing up for events *doesn't* require participation!)

- |  |                       |
|--|-----------------------|
| <input type="checkbox"/> 5K Run/Walk                               | May 1-2               |
| <input type="checkbox"/> Basketball (Free Throw & 2 min. Shootout) | May 1-2               |
| <input type="checkbox"/> Bench Press                               | May 5-6               |
| <input type="checkbox"/> Mystery TEAM Event                        | May 7                 |
| <input type="checkbox"/> Rowing (2000 meters)                      | May 7-9               |
| <input type="checkbox"/> 2 Mile Walk                               | May 8-9               |
| <input type="checkbox"/> PRT Challenge (Sit-ups/Push-ups/1.5 Mile) | May 12-13             |
| <input type="checkbox"/> Swim Meet (500, 100 IM, 200 Med. Relay)   | May 13-16             |
| <input type="checkbox"/> Pull/Push (Pull Ups/Dips)                 | May 15-16             |
| <input type="checkbox"/> Outdoor Triathlon (Swim/Bike/Run)         | May 19-20             |
| <input type="checkbox"/> Mystery Event                             | May 7 & 28            |
| <input type="checkbox"/> National Employee Health & Fitness Day    | May 21                |
| <input type="checkbox"/> Volleyball                                | May 21 (rain date 28) |
| <input type="checkbox"/> Circuit Weights (8 minutes/8 machines)    | May 21-23             |
| <input type="checkbox"/> Yoga/Aerobics/Core/ Synchro- Ride/Zumba   | May 1-28              |
| <input type="checkbox"/> Lifecycle (20 minutes)                    | May 27-28             |
| <input type="checkbox"/> Steak Night/Awards Ceremony               | May 29                |

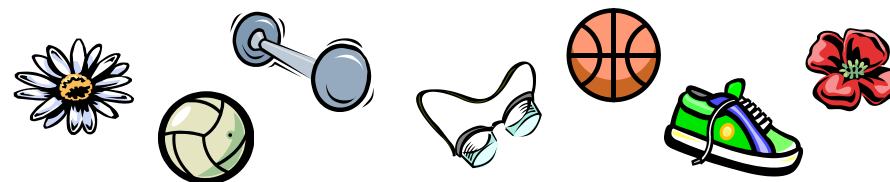
## May is National

## Physical Fitness and Sports Month!

All SSC employees are eligible to compete in the month-long event. Points are earned for place finish as well as participation. Teams (consisting of a maximum of 20 individuals) can be formed and entered by any SSC employee.

(Employees who are not approached to be on a team can ask to be placed on a team by the Wellness Center).

**Please complete the registration form and turn in by April 30<sup>th</sup>, 2014.**



## 2013 WINNERS

### PRT Challenge:

Kathy Chapman  
Richard Kennedy

### 2000 Meter Row

Shannon Mensi  
Andrey Koch

### 20 min. Lifecycle

Stephanie Anderson  
Nick Cenci

### 500-Yard Swim

Val Hartmann  
Nick Cenci

### 100 yard Medley

Megan Martinez  
Ray Pluhar

### 200 Team Medley

Hot Fires 1  
Tom Meredith  
Nick Cenci  
Megan Martinez  
Jill Castiglione

### 2-Mile Walk

Linda Walker  
Greg Bodet

### 5K Run/Walk

Megan Martinez  
Richard Kennedy

### Bench Press

Courtney Hill  
Tommie Pittman/Aaron Head

### Volleyball

Have Fun or Try Dying

### Basketball Free Throw

Courtney Hill  
Greg Bodet

### Basketball Shoot-Out

Courtney Hill  
Bruce Matthews

### Push/Push

Jill Castiglione  
Aaron Head

### Circuit Weight Challenge

Jill Castiglione  
Jason Pyron

### Outdoor Triathlon

Kathy Chapman  
Andrey Koch

# 2014 Spring Games OFFICIAL RULES



**All SSC employees** are eligible to compete. Competitors don't have to be members of the Wellness Center to participate. Points are earned for place finish as well as participation. Teams consist of a maximum of 20 individuals. Individuals may compete in any and/or all events for place points! All events must be performed on the scheduled dates. If an individual is unable to complete an event during the designated dates (due to travel, vacation, etc.), permission for that person to complete the event at an earlier date must be obtained.

In most events, there are twelve divisions, separated by gender and then age. The following events use twelve divisions for scoring: PRT Challenge, Lifecycle, Rowing, Swim Meet, 2 Mile Walk, 5K, Bench Press, Volleyball, Triathlon, Basketball, Pull/Push, Circuit Weights.

<b>DIVISIONS:</b>	<b>MEN</b>		<b>WOMEN</b>	
	18 - 29		18 - 29	
	30 - 39		30 - 39	
	40 - 49		40 - 49	
	50 - 59		50 - 59	
	60 - 69		60 - 69	
	70 - 79		70 - 79	

## **POINTS:**

Point accrual per division:

1<sup>st</sup> Place: 7 Points

2<sup>nd</sup> Place: 6 Points

3<sup>rd</sup> Place: 5 Points

4<sup>th</sup> Place: 4 Points

5<sup>th</sup> Place: 3 Points

All remaining places: 1 Point\*

\***One point** is given to a participant who places below the top five in their age group, completes an event after its scheduled date, or deviates from event guidelines.

## 5K RUN/WALK

DATE: MAY 1-2

LOCATION: ROAD/TRACK

TIME: 4:30 p.m. (GROUP), or 6:00 a.m. – 7:00 p.m.

INDIVIDUAL COMPETITION (REPRESENTING TEAM)

DIVISIONS: MALE AND FEMALE AGE GROUPS

**RULES:** Run or walk 3.1 miles using a stop watch to continuously record time (breaks not allowed). BEST TIME IN EACH AGE GROUP IS WINNER! If run/walked on track, must complete 13 laps (pass "START" marker 13 times) and finish at the 5k marker. *Please use a lap counter so as not to lose count of number of laps completed.* Treadmills not allowed on this event.

## FREE THROW CONTEST

DATE: MAY 1-2

LOCATION: WELLNESS CENTER COURTS

TIME: 6:00 am – 7:00 pm

INDIVIDUAL COMPETITION (REPRESENTING TEAM)

DIVISIONS: MALE AND FEMALE

**RULES:** Participants will be allowed to warm up. Scoring starts on the first declared shot (not the first made shot). Score is the total number of free throws made out of 20. If a participant crosses the line, that basket does not count.

## BASKETBALL 2-MINUTE SHOOTOUT

DATE: MAY 1-2

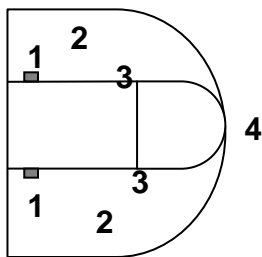
LOCATION: WELLNESS CENTER COURTS

TIME: 11:00 a.m. – 1:00 p.m. & 3:00 – 5:00 p.m.

INDIVIDUAL COMPETITION (REPRESENTING TEAM)

DIVISIONS: MALE AND FEMALE

**RULES:** Participants have two minutes to attempt six shots from four different (mirrored) spots on the court.  
Participant must begin



by shooting six tries at spot 1, six tries at spot 2, and finish by shooting six times at spot 4 (as time allows). Shooter is allowed to have a rebounder. Total points possible: 60. Each made shot will be valued by its spot number. For example, each made basket at spot 1 is worth 1 point, each made basket at spot 2 will be worth 2 points, etc.

# BENCH PRESS COMPETITION

DATE: MAY 5-6  
TIME: 6:00 A.M. - 7:00 P.M.

LOCATION: WELLNESS CENTER

INDIVIDUAL COMPETITION (REPRESENTING TEAM)  
DIVISIONS: MALE AND FEMALE AGE GROUPS

**RULES:** Competition consists of each individual completing as many repetitions as possible, utilizing the free weight bench press bar. Males use 100% of their body weight; females use 50%.

**Repetitions must be completed with proper form: Touch bar to chest, locking out at top. Excessively arching the back, lifting the buttocks off the bench, and bouncing the bar off the chest is not allowed, and repetitions will not be counted if such actions occur. Please have a Wellness Center Staff Member observe.**

## Mystery TEAM Event

DATE: May 7  
TIME: 4:30 p.m. – 6:30 p.m.

LOCATION: WELLNESS CENTER

DIVISIONS: None

**RULES:** Rules will be announced on the day prior to the event!

## ROWING

DATE: MAY 7-9  
TIME: 6:00 a.m. - 7:00 p.m.

LOCATION: WELLNESS CENTER

INDIVIDUAL COMPETITION (REPRESENTING TEAM)  
DIVISIONS: MALE AND FEMALE AGE GROUPS

**RULES:** Best time for 2000 meters wins! **Ask for a staff member's help in setting up machine.**

Machines will be set up to count down from 2000 to zero meters. (*Press top button on console; Press "Select workout"; press "Standard list"; press "2000M"; start rowing*)

## 2 MILE WALK

DATE: MAY 8-9  
TIME: 6:00 a.m.-7:00 p.m. & 4:30 p.m. (GROUP)

LOCATION: ROAD/TRACK

INDIVIDUAL COMPETITION (REPRESENTING TEAM)  
DIVISIONS: MALE AND FEMALE AGE GROUPS

**RULES:** BEST TIME IN EACH AGE GROUP IS WINNER. Please use a stop watch to time your effort. **Individuals must have one foot in contact with the ground at all times (no air-borne phase).** Participant must extend leg during support phase of stride. TWO WARNINGS RESULT IN DISQUALIFICATION. Treadmills not allowed on this event.

# PHYSICAL READINESS TEST (PRT) CHALLENGE:

## *Curl-Ups (AKA Sit-Ups), Push-Ups, 1.5 Mile Run/Walk*

DATE: MAY 12: 6:15, 7:15, 12:00, 4:00, & 5:00  
MAY 13: 6:15, 7:15, 11:30, 4:00, & 5:00

LOCATION: WELLNESS CENTER TRACK

**GROUP ACTIVITY ONLY!** All events start promptly at listed times.

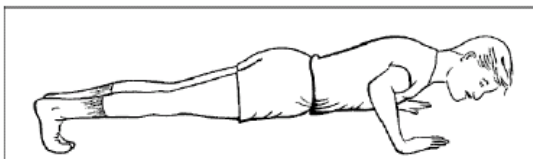
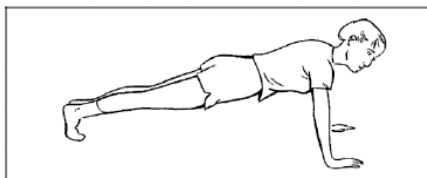
**DIVISIONS:** Male/Female Age Groups, Individual Competition (representing team)

**RULES:** All parts of the PRT Challenge will follow Navy written testing regulations (available at the front desk). All three events will be consecutively completed in the following sequence: curl-ups, push-ups, and 1.5-mile run/walk. Events shall be performed allowing at least 2 minutes, but no more than 15 minutes between events. Events will be preceded with a group warm-up and finish with a cool-down. Each individual's performance will be scored using the "Navy Physical Readiness Test Standards," which is a 100-point scale separated by gender and age group. If an event is attempted but performance registers below minimum requirements, the individual will be given 15 points for attempting the activity. All three event scores will then be averaged and ranked according to normal Spring Games scoring methods. If the individual doesn't at least attempt the event, zero points will be awarded.



**1) CURL-UPS:** Participants shall start by lying flat on their back with knees bent, heels about **10 inches from buttocks**. Arms shall be folded across and touching chest with hands touching upper chest or shoulders. Feet shall be held to floor only by partner's hands. Participant curls body up, touching elbows to thighs while keeping hands in contact with chest or shoulders. **After touching elbows to thighs, participants lie back, touching lower edge of shoulder blades to deck.** Participants may rest in either up or down position.

Repetitions are not counted if participant: (a) Lowers legs, (b) Raises feet off ground or floor, (c) Lifts buttocks off ground or floor, (d) Fails to keep arms folded across and touching chest, (e) Fails to keep hands in contact with chest or shoulders, **(f) Fails to touch shoulder blades to deck.**



**2) PUSH-UPS:** Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly beneath or slightly wider than shoulders. Feet are placed together on floor. **Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test.** Toes and palms of hands shall remain in contact with floor. Feet shall not contact a wall or other vertical support surface. **Participants shall lower entire body as a single unit by bending elbows until upper arms, shoulders, and lower back are aligned and parallel to deck.** Participants shall return to starting position by extending elbows, **raising body as a single unit until arms are straight.** Participants may rest only in up position while maintaining arms, back, buttocks, and legs in straight position.

Repetitions are not counted if participant: (a) Touches deck with any part of body except hands and feet, (b) Raises one or both feet or hands off deck or ground, (c) Fails to maintain back, buttocks, and legs straight from head to heels.

**3) 1.5 Mile:** Event consists of running or walking 1.5 miles. Any combination of running or walking is allowed to complete event. All participants are encouraged to perform the event outdoors on the track. However, completion on the treadmill will be allowed, using the following Navy PT protocol. **Event shall be conducted on a treadmill with inclination set to 1.0 percent.** Treadmill speed may be adjusted to participant's comfort anytime during test. Time is recorded after exactly 1.5 miles according to the treadmill readout. Touching bar with fingertips or open palm for safety to recover balance is acceptable. Thirty-second time penalty(s) is administered (after one warning) if participant supports body weight using arms, hands, torso, or any mechanical device.

## SWIM MEET

**DATE:** MAY 13-16

**LOCATION:** WELLNESS CENTER POOL

**TIME:** 4:30 PM

- (1) **INDIVIDUAL** COMPETITION (REPRESENTING TEAM)
- (2) 4-MEMBER **TEAM** COMPETITION WITH 2 MALES AND 2 FEMALES

**DIVISIONS:** MALE AND FEMALE AGE GROUPS

**RULES :** (1) **INDIVIDUAL**

a. **500 YARD SWIM** (10 Laps or 20 Lengths).

BEST TIME IN EACH AGE/GENDER GROUP WINS! Please use a stop watch to time your effort.

b. **100 INDIVIDUAL MEDLEY** (25 yards per = 2 laps or 4 lengths)

Completed in the following order: Butterfly, Back Stroke, Breast Stroke, & Freestyle  
Please use a stop watch to time your effort.

(2) **TEAM**

a. **200 MEDLEY RELAY** (4 People x 50 Yards apiece)

Completed in the following order: Back, Breast, Butterfly, Freestyle  
Please use a stop watch to time your team's effort.

**RELAYS:** Next swimmer can wait in the pool for current swimmer to finish, but cannot push off until current swimmer touches the pool wall. Swimmers must swim the designated stroke.

## PULL/PUSH CHALLENGE

**DATE:** MAY 15-16

**TIME:** 6 a.m. – 7 p.m.

INDIVIDUAL COMPETITION (REPRESENTING TEAM)

**DIVISIONS:** MALE AND FEMALE AGE GROUPS

**RULES:** Complete as many pull-ups followed by as many dips as you can without taking a break between exercises. The women's event will be done on the dip/chin assist machine using 50% of their body weight. Men will use the free bar dip and pull-up apparatus. *Please have a Wellness Center Staff member observe.*

**Pull-ups are done with an overhand grip**, edge of index fingers placed outside a designated line on grips.

**Participant will pull their body up until the chin is above the bar, and lower their body until the arms are fully extended.** *Participants may take breaks by resting in the down or up position.* Repetitions will be counted until one hand is removed from the pull-up bar, or body weight becomes supported by any other body part besides the arms/hands. Each participant will then be given three seconds to transition to dips. Every second after three will result in a 1-repetition penalty until participant again fully supports body weight with arms/hands in dip position.

**Proper form for dips requires that the individual lowers their body until the upper arm is parallel to the floor, and raise their bodies until the arms are fully extended.** *Participants may rest in the up or down position.* "Shorted" repetitions will not be counted. Repetitions end when body weight is no longer supported by arms/hands.

## OUTDOOR TRIATHLON

**DATE:** MAY 19-20

**LOCATION:** WELLNESS CENTER POOL & ROAD

**TIME:** 6 a.m. – 7 p.m.

INDIVIDUAL COMPETITION (REPRESENTING TEAM)

**DIVISIONS:** MALE AND FEMALE AGE GROUPS

**RULES:** Outdoor triathlon to be completed in order of swim, bike, run. Event is self-timed on the honor system. **Timing starts at beginning of swim and ends at completion of run. At no time during event does the timing stop.** Move from each discipline right into the next as quickly and safely as possible. No outside help is allowed for transitions or at any time during event. Remember to record and submit your total time.

**Swim: 250 yards** (10 lengths) swim in W.C. lap pool using whatever stroke preferred. No fins, paddles or flotation aids allowed.

**Bike: Mountain Bike ride of approximately 5 miles** (course to be announced on May 15<sup>th</sup>). Participants must provide their own bike or borrow one from a teammate!

**Run: 2 mile run** performed on a predetermined out and back course on the road. Starts from W.C. pool to turn around point marked on Lower Gainesville Road and ends in parking lot at front door of W.C.



# MYSTERY EVENT

**DATE:** MAY 7 & 28

**TIME:** 4:30 P.M.

INDIVIDUAL COMPETITION

**DIVISIONS:** NONE

**RULES: RULES WILL BE ANNOUNCED ON the day prior to the event!** -Remember that mystery events are intended to break you out of the predictable and challenge you in new and hopefully fun ways!! You never know what you can do until you try. And what may seem silly at first may turn out to be the most fun you'll have during the entire Spring Games!

# NATIONAL EMPLOYEE HEALTH FITNESS DAY

**DATE:** MAY 21

**LOCATION:** YOUR CHOICE

INDIVIDUAL PARTICIPATION (REPRESENTING TEAM)

**DIVISIONS:** NONE

**RULES:** Participate in any sports/fitness activity on this date (only). Receive 1 point by turning in description of activity to Wellness Center. Examples for acceptable events include: taking a walk, lifting weights, playing golf, doing yard work/gardening, or taking the stairs.

# VOLLEYBALL

**DATE:** MAY 21 (rain date 28)

**LOCATION:** SSC VOLLEYBALL COURTS

**TIME:** 5:00 – 7:00 p.m.

TEAM COMPETITION: (SIX-PER TEAM, TWO SUBSTITUTES)  
TWO FEMALES PER TEAM REQUIRED

**DIVISIONS:** NONE

TEAM ROSTER DUE BY: May 14

**RULES: Single elimination, one 15-point game or best of three games** (team captains decide before event starts). Official volleyball rules will be enforced. Teams call their own games. Final winner will be determined with a best two out of three games set. Spiking (forceful downward deflection) is prohibited unless both teams agree to allow.

## CIRCUIT WEIGHT LIFTING

DATE: MAY 21-23

LOCATION: WELLNESS CENTER

TIME: 6:00 a.m. - 7:00 p.m.

INDIVIDUAL COMPETITION (REPRESENTING TEAM)

DIVISIONS: MEN AND WOMEN (BY BODY WEIGHT) AND BY AGE

**Participants will be weighed immediately prior to competition! Weight will be kept confidential!**

**Score will be total weight lifted divided by body weight!**

**RULES:** Obtain a participation form at the back desk. Record your name, age, weight, and list each of the following exercises in your chosen order: **Leg Extension, Leg Curl, Chest Press, Row, Lat Pull-Down, Shoulder Press, Arm Curl, & Triceps Press**. Eight Minutes is allowed to complete one circuit. If circuit is completed prior to 8 minutes, participant may perform a bonus set on the Fly machine. Maximum number of repetitions per set is 15. **Participant may not reduce/increase plate number after beginning set. No resting or long pauses between repetitions.** Resting is allowed between sets if necessary. Total weight lifted for one circuit is utilized for scoring. (NO SLAMMING OF WEIGHTS - TWO WARNINGS COST THAT REP. OF PLATES). **Repetitions that are not completed with proper form and through the full range of motion will not be counted.** *A Wellness Center staff member will time and record reps!*

## GROUP FITNESS CLASS PARTICIPATION: AEROBICS, CORE, YOGA, SYNCHRO-RIDE, WATER AEROBICS & ZUMBA

DATE: May 1-28

LOCATION: WELLNESS CENTER

TIME: SCHEDULED GROUP FITNESS CLASS TIMES

INDIVIDUAL PARTICIPATION (REPRESENTING TEAM)

DIVISIONS: None

**RULES:** Receive 1 participation point for every class attended up to 2 classes per week. Only Wellness Center class (es) will be counted (not other locations).

Participants will receive points by writing "SG" beside their names when they sign in on the class roster during May.

**Remember, you must sign the class roster and write your team name to be counted!!**

## LIFECYCLE

**DATE:** MAY 27-28

**LOCATION:** WELLNESS CENTER

**TIME:** 6:00 a.m. - 7:00 p.m.

INDIVIDUAL COMPETITION (REPRESENTING TEAM)

**DIVISIONS:** MALE AND FEMALE AGE GROUPS

**RULES:** Participants will complete 20 minutes on any of the three upright gray colored Lifecycles. Push “**Quick Start**” to begin (not manual!). Participants may change resistance by pushing the up and/or down key. *Greater RPM's combined with greater resistance (level) produces more distance.* However, higher RPM's are more productive. The goal is to go the maximum distance in miles within that time period. **ALL CYCLING MUST BE DONE AT THE WELLNESS CENTER ON THE ABOVE-SPECIFIED LIFECYCLE MACHINES ONLY.**

## STEAK NIGHT

**DATE:** May 29

**LOCATION:** CYPRESS HOUSE

**TIME:** 5:00 p.m. - 8:30 p.m.

GROUP PARTICIPATION

**RULES:** If you would like to have a steak, please order it early on May 30th. You don't have to eat to come to steak night. Beverages are sold at the Cypress House. The rule is to have fun and reminisce on the wonderful times you had during Spring Games 2012! Team Captains can award their teams at this time if they want. Hopefully awards will be given if we are able to get all the last minute results compiled and printed in time.

SSC Spring Games

# All-Time Leaders

<b>EVENT</b>	<b>NAME</b>	<b>SCORE</b>	<b>TEAM</b>	<b>YEAR SET</b>
1.5 Mile Run	Susan Gardner	10:03	Barbarians	1997
1.5 Mile Run	Hiram Henry	8:14	Barbarians	1999
Basketball 1 min. Shootout	Lisa Smith	51 points	Barbarians	1997
Basketball 1 min. Shootout	Bruce Matthews	59 points	Breakaways	2000
	Jerry Gasser	59 points	Jerry's Kids	1999
Basketball 2 min. Shootout	Bruce Matthews	49 points	Marlins	2003
Basketball 2 min. Shootout	Karen Miller	35 points	E-Flex	2011
Basketball Free Throw	Gabe Robertson	19 of 20	Untouchables	2005
Basketball Free Throw	Michele Beisler	19 of 20	E-Flex	2006
	Erika Sauer	19 of 20	Marlins	2010
2000 Meter Row	Candi Davidson	7:51	Dog Eat Dog	2010
2000 Meter Row	Matt Thompson	6:45	E-Flex	2007
5k Run	Margot Hair	18:18	Wolfpack	2009
5k Run	Mike Scott	17:54	Wolfpack	2010
Biathlon Team	Teenia Perry & Steve Panella	23:01	Free Radicals	1997
	(Biathlon Team: 5mi bike/2mi run - indoor)			
Biathlon Solo	Jim Huk	24:53	NASA 1	2003
Biathlon Solo	Mary Wilson	30:18	Tsunamis	2003
Circuit Weight Lifting	Karen Swofford	10,421.25	No Limit	2001
Circuit Weight Lifting	Bob Harlan	24,412.50	Rainmakers	2001

Circuit Weight	Donna Mellott	66 lbs	Independent	2012
(weight-to-body weight)	David Spiles	95.5 lbs	Wolfpack	2011
Home Run Derby	Barbara Reed	18	Barbarians	1999
Home Run Derby	Will Meyer	36	JCWS	1997
Field & Throw	Rainmakers	14	Rainmakers	2000
20 min. Lifecycle (Old Bikes)	Donna Mellott	8.26 miles	Barbarians	1998
20 min. Lifecycle (Old Bikes)	Steve Panella	9.98 miles	Free Radicals	1997
20 min. Lifecycle (New Bikes)	Steve Panella	9.77 miles	Wolfpack	2010
20 min. Lifecycle (New Bikes)	Margot Hair	8.85 miles	Wolfpack	2009
2 Mile Walk	Margot Hair	17:35	Wolfpack	2006
2 Mile Walk	Greg Bodet	16:33	Breakaways	1999
Stairmaster Team (15 mins.)	Donna Mellott & Hiram Henry	253 floors	Barbarians	1999
Indoor Triathlon	Anne Koski	40:28	Raptors	2002
Indoor Triathlon	Hiram Henry	34:55	Barbarians	1999
(Indoor Triathlon: 2000m row/5 mi bike/2mi treadmill)				
Indoor Triathlon (short course)	Margot Hair	15:52	E-Flex	2008
Indoor Triathlon (short course)	Shane Jervis	16:10	E-Flex	2008
(Indoor Triathlon Short Course: )				
Triathlon Team	Donna Mellott & Hiram Henry	33:18	Barbarians	1999
Bench Press	Margot Hair	67 reps	Wolfpack	2009
Bench Press	Joshua Ankeny	33 reps	E-Flex	2011

Outdoor Triathlon (Stationary)	Matt Thompson	27:22	E-Flex	2007
Outdoor Triathlon (Stationary)	Margot Hair	27:03	E-Flex	2008
(Outdoor Triathlon Stationary: 250yd swim/5 mi stationary bike/2mi road run)				
Outdoor Triathlon (Mtn. Bike)	Cheryl Hickey	38:02	Marlins	2010
Outdoor Triathlon (Mtn. Bike)	Mike Scott	32:49	Wolfpack	2010
(Outdoor Triathlon Mtn. Bike: 250 yd swim/5 mi mtn. bike on trail/2mi road run)				
Kickboard	Bill Connolly	1:22	Independent2	2003
Kickboard	Casey Kirchner	1:51	E-Flex	2003
500 Yard Swim	Bill Connolly	5:43	Independent2	2003
500 Yard Swim	Alicia Washkevich	6:03	Wolfpack	2008
100 Yard Medley	Aaron Levenson	1:05	E-Flex	2010
100 Yard Medley	Alicia Washkevich	1:13	Wolfpack	2008
200 Yard Team Medley	Casey Kirchner, Megan Martinez, Aaron Levenson, Richard Keiffer	2:15	E-Flex	2010
Pull/Push	Jordan Brown	72	Lingsch Mob	2006
Pull/Push	Cheryl Hickey	175	Marlins	2010
Push-Ups	Carl Jackson	101	Buoy Hoppers	2003
Push-Ups (Modified)	LaQuinta Flint	90	Sea Horses	2003
Push-Ups	Shelly Lunsford	65	Marlins	2003
Sit-Ups	Roger Whitten	119	Independents	2003
Sit-Ups	Karen Kennedy	100	Marlins	2003

PRT	Cheryl Hickey	100%	Buoy Hoppers '09 & Marlins '10	
	Margot Hair	100%	Wolfpack	2009
PRT	Arlyn Acker	100%	E-Flex	2010
	Mike Scott	100%	Wolfpack	2010
	Richard Kennedy	100%	Wolfpack	2011