



Big Blue 5K | 1K
April 14, 2018

Pump-And-Run Rules:

- Participants MUST pick up their race bib PRIOR to lifting
- Participants MUST Weigh-In onsite prior to lifting
 - o Athletes must wear running shoes at weigh-in
 - o Weight will be rounded to the nearest 5 pound increment (ex- 142lbs will round to 140lbs, 143lbs will round to 145lbs)
- No warm ups allowed on Pump And Run bench
 - o Warm up area will be provided
- Athletes must successfully lift at least one rep to participate in the Pump And Run Category
- Lift starts with the bar in the extended position
- Bar must touch athlete's chest and be fully extended to lockout position or a No Rep will be given
- Feet must remain in contact with the floor throughout the lift (no hooking bench support with feet/legs).
 - o If necessary, plates may be placed under lifters' feet
- No bouncing bar off chest
- Shoulders and rear must stay in contact with the bench during lifts
- Stopping during the lift terminates the rep; can rest in lock out position if necessary