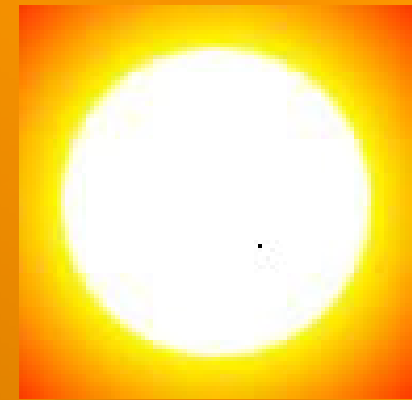




RUSH TIME – 2012/13



'Rushing you to Fitness'



OVERVIEW

12 month RUSH TIME CHALLENGE
COST - \$250.00 per person

Includes:

- Class card for 12 * Tuesday morning training sessions at Botanic Gardens. 6.45am to 8.00am
- 12 Sunday morning sessions – 7.00am to 8.15am
- Weigh in and measurements each month
- Advice on Nutrition and Fitness Training
- Running back pack and Running Hat
- End of Challenge BBQ on final weigh in day
- Rebel sports vouchers for following winners:
 - MALE CHALLENGE WINNER (\$100 Voucher)
 - FEMALE CHALLENGE WINNER (\$100 Voucher)

Note – Prize totals may vary dependant on final numbers

SESSION 1 – 6km Run Points

6km - RUNNING						
MALE						
	18-25	26-35	36-45	46-55	56-65	65+
Pts	TIME	TIME	TIME	TIME	TIME	TIME
150	<23 mins	<23mins	<24 mins	<25 mins	<26mins	<28mins
140	23:00 - 23:59	23:00 - 23:59	24:00 - 24:59	25:00 - 25:59	26:00 - 26:59	28:00 - 28:59
130	24:00 - 24:59	24:00 - 24:59	25:00 - 25:59	26:00 - 26:59	27:00 - 27:59	29:00 - 29:59
120	25:00 - 25:59	25:00 - 25:59	26:00 - 26:59	27:00 - 27:59	28:00 - 28:59	30:00 - 30:59
110	26:00 - 26:59	26:00 - 26:59	27:00 - 27:59	28:00 - 28:59	29:00 - 29:59	31:00 - 31:59
100	27:00 - 27:59	27:00 - 27:59	28:00 - 28:59	29:00 - 29:59	30:00 - 30:59	32:00 - 32:59
90	28:00 - 28:59	28:00 - 28:59	29:00 - 29:59	30:00 - 30:59	31:00 - 31:59	33:00 - 33:59
80	29:00 - 29:59	29:00 - 29:59	30:00 - 30:59	31:00 - 31:59	32:00 - 32:59	34:00 - 34:59
70	30:00 - 30:59	30:00 - 30:59	31:00 - 31:59	32:00 - 32:59	33:00 - 33:59	35:00 - 35:59
60	31:00 - 31:59	31:00 - 31:59	32:00 - 32:59	33:00 - 33:59	34:00 - 34:59	36:00 - 36:59
50	32:00 - 32:59	32:00 - 32:59	33:00 - 33:59	34:00 - 34:59	35:00 - 35:59	37:00 - 37:59
40	33:00 - 33:59	33:00 - 33:59	34:00 - 34:59	35:00 - 35:59	36:00 - 36:59	38:00 - 38:59
30	34:00 - 34:59	34:00 - 34:59	35:00 - 35:59	36:00 - 36:59	37:00 - 37:59	39:00 - 39:59
20	35:00 - 35:59	35:00 - 35:59	36:00 - 36:59	37:00 - 37:59	38:00 - 38:59	40:00 - 40:59
10	>36:00	>36:00	>37:00	>38:00	>39:00	>41:00

DATE – 1st APRIL 2012

SESSION 1 – 6km Run Points

6km - RUNNING						
FEMALE						
	18-25	26-35	36-45	46-55	56-65	65+
Pts	TIME	TIME	TIME	TIME	TIME	TIME
150	< 25mins	< 25mins	<26 mins	<27 mins	<29 mins	<31mins
140	25:00 - 25:59	25:00 - 25:59	26:00 - 26:59	27:00 - 27:59	29:00 - 29:59	31:00 - 31:59
130	26:00 - 26:59	26:00 - 26:59	27:00 - 27:59	28:00 - 28:59	30:00 - 30:59	32:00 - 32:59
120	27:00 - 27:59	27:00 - 27:59	28:00 - 28:59	29:00 - 29:59	31:00 - 31:59	33:00 - 33:59
110	28:00 - 28:59	28:00 - 28:59	29:00 - 29:59	30:00 - 30:59	32:00 - 32:59	34:00 - 34:59
100	29:00 - 29:59	29:00 - 29:59	30:00 - 30:59	31:00 - 31:59	33:00 - 33:59	35:00 - 35:59
90	30:00 - 30:59	30:00 - 30:59	31:00 - 31:59	32:00 - 32:59	34:00 - 34:59	36:00 - 36:59
80	31:00 - 31:59	31:00 - 31:59	32:00 - 32:59	33:00 - 33:59	35:00 - 35:59	37:00 - 37:59
70	32:00 - 32:59	32:00 - 32:59	33:00 - 33:59	34:00 - 34:59	36:00 - 36:59	38:00 - 38:59
60	33:00 - 33:59	33:00 - 33:59	34:00 - 34:59	35:00 - 35:59	37:00 - 37:59	39:00 - 39:59
50	34:00 - 34:59	34:00 - 34:59	35:00 - 35:59	36:00 - 36:59	38:00 - 38:59	40:00 - 40:59
40	35:00 - 35:59	35:00 - 35:59	36:00 - 36:59	37:00 - 37:59	39:00 - 39:59	41:00 - 41:59
30	36:00 - 36:59	36:00 - 36:59	37:00 - 37:59	38:00 - 38:59	40:00 - 40:59	42:00 - 42:59
20	37:00 - 37:59	37:00 - 37:59	38:00 - 38:59	39:00 - 39:59	41:00 - 41:59	43:00 - 43:59
10	>38:00	>38:00	>39:00	>40:00	>42:00	>44:00

DATE – 1st APRIL 2012

SESSION 2 – PUSH-UPS IN A MINUTE



Venue – Kangaroo Point Cliff Park

Time – 7.00am – 8.15am



NOTE – Participants complete Test / 1 minute rest and then complete again. Points added together

MALE		18-25	26-35	36-45	46-55	56-65	65+
Pts	PUSH-UPS (1 Minute)						
75	>80	>75	>70	>65	>60	>55	
70	75-79	70-74	65-69	60-64	55-59	50-54	
65	70-74	65-69	60-64	55-59	50-54	45-49	
60	65-69	60-64	55-59	50-54	45-49	40-44	
55	60-64	55-59	50-54	45-49	40-44	35-39	
50	55-59	50-54	45-49	40-44	35-39	30-34	
45	50-54	45-49	40-44	35-39	30-34	25-29	
40	45-49	40-44	35-39	30-34	25-29	20-24	
35	40-44	35-39	30-34	25-29	20-24	15-19	
30	35-39	30-34	25-29	20-24	15-19	10-14	
25	30-34	25-29	20-24	15-19	10-14	5-9	
20	25-29	20-24	15-19	10-14	5-9	1-4	
15	20-24	15-19	10-14	5-9	1-4		
10	15-19	10-14	5-9	1-4			
5	<14	<9	1-4				

FEMALE * Push-ups are from Knee's		18-25	26-35	36-45	46-55	56-65	65+
Pts	PUSH-UPS (1 Minute)						
75	>80	>75	>70	>65	>60	>55	
70	75-79	70-74	65-69	60-64	55-59	50-54	
65	70-74	65-69	60-64	55-59	50-54	45-49	
60	65-69	60-64	55-59	50-54	45-49	40-44	
55	60-64	55-59	50-54	45-49	40-44	35-39	
50	55-59	50-54	45-49	40-44	35-39	30-34	
45	50-54	45-49	40-44	35-39	30-34	25-29	
40	45-49	40-44	35-39	30-34	25-29	20-24	
35	40-44	35-39	30-34	25-29	20-24	15-19	
30	35-39	30-34	25-29	20-24	15-19	10-14	
25	30-34	25-29	20-24	15-19	10-14	5-9	
20	25-29	20-24	15-19	10-14	5-9	1-4	
15	20-24	15-19	10-14	5-9	1-4		
10	15-19	10-14	5-9	1-4			
5	<14	<9	1-4				

DATE – MAY 2012

SESSION 3 – 2km Time Trial Repeat

Venue – Kangaroo Point Cliff Park

Time – 7.00am – 8.15am

NOTE: Each participant will complete a 2km Time Trial, then get 3 minutes rest and complete again. Both times are then added together and then divided by two to give an average time overall. Points are then awarded on this **AVERAGE TIME**.

Pts	2km Time Trial					
	MALE 18-25 TIME	26-35 TIME	36-45 TIME	46-55 TIME	56-65 TIME	65+ TIME
150	<7:30	<7:30	<7:50	<8:10	<8:30	<9:00
140	7:31 - 7:49	7:31 - 7:49	7:51 - 8:09	8:11 - 8:29	8:31 - 8:49	9:01 - 9:19
130	7:50 - 8:09	7:50 - 8:09	8:10 - 8:29	8:30 - 8:49	8:50 - 9:09	9:20 - 9:39
120	8:10 - 8:29	8:10 - 8:29	8:30 - 8:49	8:50 - 9:09	9:10 - 9:29	9:40 - 9:59
110	8:30 - 8:49	8:30 - 8:49	8:50 - 9:09	9:10 - 9:29	9:30 - 9:49	10:00 - 10:19
100	8:50 - 9:09	8:50 - 9:09	9:10 - 9:29	9:30 - 9:49	9:50 - 10:09	10:20 - 10:39
90	9:10 - 9:29	9:10 - 9:29	9:30 - 9:49	9:50 - 10:09	10:10 - 10:29	10:40 - 10:59
80	9:30 - 9:49	9:30 - 9:49	9:50 - 10:09	10:10 - 10:29	10:30 - 10:49	11:00 - 11:19
70	9:50 - 10:09	9:50 - 10:09	10:10 - 10:29	10:30 - 10:49	10:50 - 11:09	11:20 - 11:39
60	10:10 - 10:29	10:10 - 10:29	10:30 - 10:49	10:50 - 11:09	11:10 - 11:29	11:40 - 11:59
50	10:30 - 10:49	10:30 - 10:49	10:50 - 11:09	11:10 - 11:29	11:30 - 11:49	12:00 - 12:19
40	10:50 - 11:09	10:50 - 11:09	11:10 - 11:29	11:30 - 11:49	11:50 - 12:09	12:20 - 12:39
30	11:10 - 11:29	11:10 - 11:29	11:30 - 11:49	11:50 - 12:09	12:10 - 12:29	12:40 - 12:59
20	11:30 - 11:49	11:30 - 11:49	11:50 - 12:09	12:10 - 12:29	12:30 - 12:49	13:00 - 13:19
10	>11:50	>11:50	>12:09	>12:30	>12:50	>13:20

DATE – JUNE 2012

SESSION 3 – 2km Time Trial Repeat

Venue – Kangaroo Point Cliff Park

Time – 7.00am – 8.15am

NOTE: Each participant will complete a 2km Time Trial, then get 3 minutes rest and complete again. Both times are then added together and then divided by two to give an average time overall. Points are then awarded on this **AVERAGE TIME**.

Pts	2km Time Trial					
	FEMALE 18-25	26-35	36-45	46-55	56-65	65+
	TIME	TIME	TIME	TIME	TIME	TIME
150	<7:50	<7:50	<8:10	<8:30	<8:50	<9:10
140	7:51 - 8:09	7:51 - 8:09	8:11 - 8:29	8:31 - 8:49	8:51 - 9:09	9:11 - 9:29
130	8:10 - 8:29	8:10 - 8:29	8:30 - 8:49	8:50 - 9:09	9:10 - 9:29	9:30 - 9:49
120	8:30 - 8:49	8:30 - 8:49	8:50 - 9:09	9:10 - 9:29	9:30 - 9:49	9:50 - 10:09
110	8:50 - 9:09	8:50 - 9:09	9:10 - 9:29	9:30 - 9:49	9:50 - 10:09	10:10 - 10:29
100	9:10 - 9:29	9:10 - 9:29	9:30 - 9:49	9:50 - 10:09	10:10 - 10:29	10:30 - 10:49
90	9:30 - 9:49	9:30 - 9:49	9:50 - 10:09	10:10 - 10:29	10:30 - 10:49	10:50 - 11:09
80	9:50 - 10:09	9:50 - 10:09	10:10 - 10:29	10:30 - 10:49	10:50 - 11:09	11:10 - 11:29
70	10:10 - 10:29	10:10 - 10:29	10:30 - 10:49	10:50 - 11:09	11:10 - 11:29	11:30 - 11:49
60	10:30 - 10:49	10:30 - 10:49	10:50 - 11:09	11:10 - 11:29	11:30 - 11:49	11:50 - 12:09
50	10:50 - 11:09	10:50 - 11:09	11:10 - 11:29	11:30 - 11:49	11:50 - 12:09	12:10 - 12:29
40	11:10 - 11:29	11:10 - 11:29	11:30 - 11:49	11:50 - 12:09	12:10 - 12:29	12:30 - 12:49
30	11:30 - 11:49	11:30 - 11:49	11:50 - 12:09	12:10 - 12:29	12:30 - 12:49	12:50 - 13:09
20	11:50 - 12:09	11:50 - 12:09	12:10 - 12:29	12:30 - 12:49	12:50 - 13:09	13:10 - 13:29
10	>12:09	>12:09	>12:30	>12:50	>13:10	>13:30

DATE – JUNE 2012

SESSION 4 – MAX PLANK HOLD



Venue – Kangaroo Point Cliff Park
Time – 7.00am – 8.15am



Pts	MALE	BRACE AB HOLD				
	18-25	26-35	36-45	46-55	56-65	65+
	TIME	TIME	TIME	TIME	TIME	TIME
150	6:30 - 6:59	>7:00	>6:00	>5:30	>5:00	>4:30
140	6:00 - 6:29	6:30 - 6:59	5:30 - 5:59	5:00 - 5:29	4:30 - 4:59	4:00 - 4:29
130	5:30 - 5:59	6:00 - 6:29	5:00 - 5:29	4:30 - 4:59	4:00 - 4:29	3:30 - 3:59
120	5:00 - 5:29	5:30 - 5:59	4:30 - 4:59	4:00 - 4:29	3:30 - 3:59	3:00 - 3:29
110	4:30 - 4:59	5:00 - 5:29	4:00 - 4:29	3:30 - 3:59	3:00 - 3:29	2:30 - 2:59
100	4:00 - 4:29	4:30 - 4:59	3:30 - 3:59	3:00 - 3:29	2:30 - 2:59	2:00 - 2:29
90	3:30 - 3:59	4:00 - 4:29	3:00 - 3:29	2:30 - 2:59	2:00 - 2:29	1:30 - 1:59
80	3:00 - 3:29	3:30 - 3:59	2:30 - 2:59	2:00 - 2:29	1:30 - 1:59	1:00 - 1:29
70	2:30 - 2:59	3:00 - 3:29	2:00 - 2:29	1:30 - 1:59	1:00 - 1:29	0:30 - 0:59
60	2:00 - 2:29	2:30 - 2:59	1:30 - 1:59	1:00 - 1:29	0:30 - 0:59	<0:29
50	1:30 - 1:59	2:00 - 2:29	1:00 - 1:29	0:30 - 0:59	<0:29	
40	1:00 - 1:29	1:30 - 1:59	0:30 - 0:59	<0:29		
30	0:30 - 0:59	1:00 - 1:29	<0:29			
20	<0:29	0:30 - 0:59				
10		<0:29				

DATE – JULY 2012

SESSION 4 – MAX PLANK HOLD



Venue – Kangaroo Point Cliff Park
Time – 7.00am – 8.15am



Pts	BRACE AB HOLD					
	18-25	26-35	36-45	46-55	56-65	65+
	TIME	TIME	TIME	TIME	TIME	TIME
150	6:00 - 6:29	6:30 - 6:59	5:30 - 5:59	5:00 - 5:29	4:30 - 4:59	4:00 - 4:29
140	5:30 - 5:59	6:00 - 6:29	5:00 - 5:29	4:30 - 4:59	4:00 - 4:29	3:30 - 3:59
130	5:00 - 5:29	5:30 - 5:59	4:30 - 4:59	4:00 - 4:29	3:30 - 3:59	3:00 - 3:29
120	4:30 - 4:59	5:00 - 5:29	4:00 - 4:29	3:30 - 3:59	3:00 - 3:29	2:30 - 2:59
110	4:00 - 4:29	4:30 - 4:59	3:30 - 3:59	3:00 - 3:29	2:30 - 2:59	2:00 - 2:29
100	3:30 - 3:59	4:00 - 4:29	3:00 - 3:29	2:30 - 2:59	2:00 - 2:29	1:30 - 1:59
90	3:00 - 3:29	3:30 - 3:59	2:30 - 2:59	2:00 - 2:29	1:30 - 1:59	1:00 - 1:29
80	2:30 - 2:59	3:00 - 3:29	2:00 - 2:29	1:30 - 1:59	1:00 - 1:29	0:30 - 0:59
70	2:00 - 2:29	2:30 - 2:59	1:30 - 1:59	1:00 - 1:29	0:30 - 0:59	<0:29
60	1:30 - 1:59	2:00 - 2:29	1:00 - 1:29	0:30 - 0:59	<0:29	
50	1:00 - 1:29	1:30 - 1:59	0:30 - 0:59	<0:29		
40	0:30 - 0:59	1:00 - 1:29	<0:29			
30	<0:29	0:30 - 0:59				
20		<0:29				
10						

DATE – JULY 2012

SESSION 5 – 1km Rowing Challenge



Venue – Kangaroo Point Park

Time – 7.00am – 8.30am



NOTE: Participants will be required to complete a 1km rowing challenge. Points are awarded dependant on their age and sex.

1km - INDOOR ROWING MACHINE						
	MALE					
	18-25	26-35	36-45	46-55	56-65	65+
Pts	TIME	TIME	TIME	TIME	TIME	TIME
150	<3:00	<2:55	<3:05	<3:10	<3:20	<3:30
140	3:01 - 3:10	2:56 - 3:05	3:06 - 3:15	3:11 - 3:19	3:21 - 3:29	3:31 - 3:39
130	3:11 - 3:19	3:06 - 3:15	3:16 - 3:25	3:20 - 3:29	3:30 - 3:39	3:40 - 3:49
120	3:20 - 3:29	3:16 - 3:25	3:26 - 3:35	3:30 - 3:39	3:40 - 3:49	3:50 - 3:59
110	3:30 - 3:39	3:26 - 3:35	3:36 - 3:45	3:40 - 3:49	3:50 - 3:59	4:00 - 4:09
100	3:40 - 3:49	3:36 - 3:45	3:46 - 3:55	3:50 - 3:59	4:00 - 4:09	4:10 - 4:19
90	3:50 - 3:59	3:46 - 3:55	3:56 - 4:05	4:00 - 4:09	4:10 - 4:19	4:20 - 4:29
80	4:00 - 4:09	3:56 - 4:05	4:06 - 4:15	4:10 - 4:19	4:20 - 4:29	4:30 - 4:39
70	4:10 - 4:19	4:06 - 4:15	4:16 - 4:25	4:20 - 4:29	4:30 - 4:39	4:40 - 4:49
60	4:20 - 4:29	4:16 - 4:25	4:26 - 4:35	4:30 - 4:39	4:40 - 4:49	4:50 - 4:59
50	4:30 - 4:39	4:26 - 4:35	4:36 - 4:45	4:40 - 4:49	4:50 - 4:59	5:00 - 5:09
40	4:40 - 4:49	4:36 - 4:45	4:46 - 4:55	4:50 - 4:59	5:00 - 5:09	5:10 - 5:19
30	4:50 - 4:59	4:46 - 4:55	4:56 - 5:05	5:00 - 5:09	5:10 - 5:19	5:20 - 5:29
20	5:00 - 5:09	4:56 - 5:05	5:06 - 5:15	5:10 - 5:19	5:20 - 5:29	5:30 - 5:39
10	>5:10	>5:06	>5:16	>5:20	>5:30	>5:40

DATE – AUGUST 2012

SESSION 5 – 1km Rowing Challenge



Venue – Kangaroo Point Park

Time – 7.00am – 8.30am



NOTE: Participants will be required to complete a 1km rowing challenge. Points are awarded dependant on their age and sex.

1km - INDOOR ROWING MACHINE						
FEMALE						
Pts	18-25 TIME	26-35 TIME	36-45 TIME	46-55 TIME	56-65 TIME	65+ TIME
150	<3:10	<3:05	<3:15	<3:25	<3:35	<3:45
140	3:11 - 3:19	3:06 - 3:15	3:16 - 3:25	3:26 - 3:35	3:36 - 3:45	3:46 - 3:55
130	3:20 - 3:29	3:16 - 3:25	3:26 - 3:35	3:36 - 3:45	3:46 - 3:55	3:56 - 4:05
120	3:30 - 3:39	3:26 - 3:35	3:36 - 3:45	3:46 - 3:55	3:56 - 4:05	4:06 - 4:15
110	3:40 - 3:49	3:36 - 3:45	3:46 - 3:55	3:56 - 4:05	4:06 - 4:15	4:16 - 4:25
100	3:50 - 3:59	3:46 - 3:55	3:56 - 4:05	4:06 - 4:15	4:16 - 4:25	4:26 - 4:35
90	4:00 - 4:09	3:56 - 4:05	4:06 - 4:15	4:16 - 4:25	4:26 - 4:35	4:36 - 4:45
80	4:10 - 4:19	4:06 - 4:15	4:16 - 4:25	4:26 - 4:35	4:36 - 4:45	4:46 - 4:55
70	4:20 - 4:29	4:16 - 4:25	4:26 - 4:35	4:36 - 4:45	4:46 - 4:55	4:56 - 5:05
60	4:30 - 4:39	4:26 - 4:35	4:36 - 4:45	4:46 - 4:55	4:56 - 5:05	5:06 - 5:15
50	4:40 - 4:49	4:36 - 4:45	4:46 - 4:55	4:56 - 5:05	5:06 - 5:15	5:16 - 5:25
40	4:50 - 4:59	4:46 - 4:55	4:56 - 5:05	5:06 - 5:15	5:16 - 5:25	5:26 - 5:35
30	5:00 - 5:09	4:56 - 5:05	5:06 - 5:15	5:16 - 5:25	5:26 - 5:35	5:36 - 5:45
20	5:10 - 5:19	5:06 - 5:15	5:16 - 5:25	5:26 - 5:35	5:36 - 5:45	5:46 - 5:55
10	>5:20	>5:16	>5:26	>5:36	>5:46	>5:56

DATE – AUGUST 2012

SESSION 6 – 15min BURPEE TEST



Venue – Kangaroo Point Cliff Park
Time – 7.00am – 8.15am



Pts	MAX BURPEES (15 Minutes)					
	MALE 18-25	26-35	36-45	46-55	56-65	65+
150	>200	>210	>190	>180	>170	>150
140	191 - 200	201 - 209	181 - 190	171 - 180	161 - 170	141 - 150
130	181 - 190	191 - 200	171 - 180	161 - 170	151 - 160	131 - 140
120	171 - 180	181 - 190	161 - 170	151 - 160	141 - 150	121 - 130
110	161 - 170	171 - 180	151 - 160	141 - 150	131 - 140	111 - 120
100	151 - 160	161 - 170	141 - 150	131 - 140	121 - 130	101 - 110
90	141 - 159	151 - 160	131 - 140	121 - 130	111 - 120	91 - 100
80	131 - 140	141 - 159	121 - 130	111 - 120	101 - 110	81 - 90
70	121 - 130	131 - 140	111 - 120	101 - 110	91 - 100	71 - 80
60	111 - 120	121 - 130	101 - 110	91 - 100	81 - 90	61 - 70
50	101 - 110	111 - 120	91 - 100	81 - 90	71 - 80	51 - 60
40	91 - 100	101 - 110	81 - 90	71 - 80	61 - 70	41 - 50
30	81 - 90	91 - 100	71 - 80	61 - 70	51 - 60	31 - 40
20	71 - 80	81 - 90	61 - 70	51 - 60	41 - 50	21 - 30
10	<70	<80	<60	<50	<40	<20

DATE – SEPTEMBER 2012

SESSION 6 – 15min BURPEE TEST



Venue – Kangaroo Point Cliff Park
Time – 7.00am – 8.15am



Pts	FEMALE					
	18-25	26-35	36-45	46-55	56-65	65+
	MAX BURPEES (15 Minutes)					
150	>180	>190	>170	>160	>150	>130
140	171 - 179	181 - 189	161 - 169	151 - 159	141 - 149	121 - 130
130	161 - 170	171 - 180	151 - 160	141 - 150	131 - 140	111 - 120
120	151 - 160	161 - 170	141 - 150	131 - 140	121 - 130	101 - 110
110	141 - 150	151 - 160	131 - 140	121 - 130	111 - 120	91 - 100
100	131 - 140	141 - 150	121 - 130	111 - 120	101 - 110	81 - 90
90	121 - 130	131 - 140	111 - 120	101 - 110	91 - 100	71 - 80
80	111 - 120	121 - 130	101 - 110	91 - 100	81 - 90	61 - 70
70	101 - 110	111 - 120	91 - 100	81 - 90	71 - 80	51 - 60
60	91 - 100	101 - 110	81 - 90	71 - 80	61 - 70	41 - 50
50	81 - 90	91 - 100	71 - 80	61 - 70	51 - 60	31 - 40
40	71 - 80	81 - 90	61 - 70	51 - 60	41 - 50	21 - 30
30	61 - 70	71 - 80	51 - 60	41 - 50	31 - 40	11 - 20
20	51 - 60	61 - 70	41 - 50	31 - 40	21 - 30	<10
10	<50	<60	<40	<30	<20	

DATE – SEPTEMBER 2012

SESSION 7 – 40min Stair Challenge

Venue – Kangaroo Point Cliff Park

Time – 7.00am – 8.15am

40 minute stair run						
	MALE					
	18-25	26-35	36-45	46-55	56-65	65+
Pts	TIME	TIME	TIME	TIME	TIME	TIME
150	27	29	27	25	23	20
140	26	28	26	24	22	19
130	25	27	25	23	21	18
120	24	26	24	22	20	17
110	23	25	23	21	19	16
100	22	24	22	20	18	15
90	21	23	21	19	17	14
80	20	22	20	18	16	13
70	19	21	19	17	15	12
60	18	20	18	16	14	11
50	17	19	17	15	13	10
40	16	18	16	14	12	9
30	15	17	15	13	11	8
20	14	16	14	12	10	7
10	<14	<16	<14	<12	<10	<7

DATE – OCTOBER 2012

SESSION 7 – 40min Stair Challenge

Venue – Kangaroo Point Cliff Park

Time – 7.00am – 8.15am

40 minute stair run						
	FEMALE					
	18-25	26-35	36-45	46-55	56-65	65+
Pts	TIME	TIME	TIME	TIME	TIME	TIME
150	25	27	25	23	20	19
140	24	26	24	22	19	18
130	23	25	23	21	18	17
120	22	24	22	20	17	16
110	21	23	21	19	16	15
100	20	22	20	18	15	14
90	19	21	19	17	14	13
80	18	20	18	16	13	12
70	17	19	17	15	12	11
60	16	18	16	14	11	10
50	15	17	15	13	10	9
40	14	16	14	12	9	8
30	13	15	13	11	8	7
20	12	14	12	10	7	6
10	<12	<14	<12	<10	<7	<6

DATE – OCTOBER 2012

SESSION 8 – BEEP TEST

Venue – Bill Cash Memorial Oval

Time – 7.00am – 8.15am

NOTE: Beep Test is a 20m Shuttle Test, with the speed of the beeps increasing as time progresses. Level / Stage required to get points is shown below

BEEP TEST LEVEL/STAGE						
	MALE					
	18-25	26-35	36-45	46-55	56-65	65+
Pts	TIME	TIME	TIME	TIME	TIME	TIME
150	L12 / S12	L12 / S1	L11 / S1	L10 / S1	L9 / S1	L8 / S1
140	L12 / S6	L11 / S6	L10 / S6	L9 / S6	L8 / S6	L7 / S6
130	L12 / S1	L11 / S1	L10 / S1	L9 / S1	L8 / S1	L7 / S1
120	L11 / S6	L10 / S6	L9 / S6	L8 / S6	L7 / S6	L6 / S6
110	L11 / S1	L10 / S1	L9 / S1	L8 / S1	L7 / S1	L6 / S1
100	L10 / S6	L9 / S6	L8 / S6	L7 / S6	L6 / S6	L5 / S6
90	L10 / S1	L9 / S1	L8 / S1	L7 / S1	L6 / S1	L5 / S1
80	L9 / S6	L8 / S6	L7 / S6	L6 / S6	L5 / S6	L4 / S6
70	L9 / S1	L8 / S1	L7 / S1	L6 / S1	L5 / S1	L4 / S1
60	L8 / S6	L7 / S6	L6 / S6	L5 / S6	L4 / S6	L3 / S6
50	L8 / S1	L7 / S1	L6 / S1	L5 / S1	L4 / S1	L3 / S1
40	L7 / S6	L6 / S6	L5 / S6	L4 / S6	L3 / S6	L2 / S6
30	L7 / S1	L6 / S1	L5 / S1	L4 / S1	L3 / S1	L2 / S1
20	L6 / S6	L5 / S6	L4 / S6	L3 / S6	L2 / S6	L1 / S6
10	<L6 / S5	<L5 / S5	<L4 / S5	<L3 / S5	<L2 / S5	<L1 / S5

DATE – NOVEMBER 2012

SESSION 8 – BEEP TEST

Venue – Bill Cash Memorial Oval

Time – 7.00am – 8.15am

NOTE: Beep Test is a 20m Shuttle Test, with the speed of the beeps increasing as time progresses. Level / Stage required to get points is shown below

BEEP TEST LEVEL/STAGE						
	FEMALE					
	18-25	26-35	36-45	46-55	56-65	65+
Pts	TIME	TIME	TIME	TIME	TIME	TIME
150	L10 / S11	L10 / S4	L9 / S7	L8 / S6	L7 / S1	L6 / S1
140	L10 / S6	L10 / S1	L9 / S1	L8 / S1	L6 / S6	L5 / S6
130	L10 / S1	L9 / S6	L8 / S6	L7 / S6	L6 / S1	L5 / S1
120	L9 / S6	L9 / S1	L8 / S1	L7 / S1	L5 / S6	L4 / S6
110	L9 / S1	L8 / S6	L7 / S6	L6 / S6	L5 / S1	L4 / S1
100	L8 / S6	L8 / S1	L7 / S1	L6 / S1	L4 / S6	L3 / S6
90	L8 / S1	L7 / S6	L6 / S6	L5 / S6	L4 / S1	L3 / S1
80	L7 / S6	L7 / S1	L6 / S1	L5 / S1	L3 / S6	L2 / S6
70	L7 / S1	L6 / S6	L5 / S6	L4 / S6	L3 / S1	L2 / S1
60	L6 / S6	L6 / S1	L5 / S1	L4 / S1	L2 / S6	L1 / S6
50	L6 / S1	L5 / S6	L4 / S6	L3 / S6	L2 / S1	<L1 S5
40	L5 / S6	L5 / S1	L4 / S1	L3 / S1	L1 / S6	
30	L5 / S1	L4 / S6	L3 / S6	L2 / S6	<L1 S5	
20	L4 / S6	L4 / S1	L3 / S1	L2 / S1		
10	<L4 / S5	<L3 / S12	<L2 / S12	<L1 / S12		

DATE – NOVEMBER 2012

SESSION 9 – MAX SQUAT HOLD



Venue – Bill Cash Memorial Oval,
Cannon Hill

Time – 7.00am – 8.15am



90 DEGREE WALL SQUAT HOLD

Pts	MALE					
	18-25	26-35	36-45	46-55	56-65	65+
	TIME	TIME	TIME	TIME	TIME	TIME
150	>17:00	>18:00	>15:00	>14:00	>12:00	>10:00
140	16:00 - 16:59	17:00 - 17:59	14:00 - 14:59	13:00 - 13:59	11:00 - 11:59	9:00 - 9:59
130	15:00 - 15:59	16:00 - 16:59	13:00 - 13:59	12:00 - 12:59	10:00 - 10:59	8:00 - 8:59
120	14:00 - 14:59	15:00 - 15:59	12:00 - 12:59	11:00 - 11:59	9:00 - 9:59	7:00 - 7:59
110	13:00 - 13:59	14:00 - 14:59	11:00 - 11:59	10:00 - 10:59	8:00 - 8:59	6:00 - 6:59
100	12:00 - 12:59	13:00 - 13:59	10:00 - 10:59	9:00 - 9:59	7:00 - 7:59	5:00 - 5:59
90	11:00 - 11:59	12:00 - 12:59	9:00 - 9:59	8:00 - 8:59	6:00 - 6:59	4:00 - 4:59
80	10:00 - 10:59	11:00 - 11:59	8:00 - 8:59	7:00 - 7:59	5:00 - 5:59	3:00 - 3:59
70	9:00 - 9:59	10:00 - 10:59	7:00 - 7:59	6:00 - 6:59	4:00 - 4:59	2:00 - 2:59
60	8:00 - 8:59	9:00 - 9:59	6:00 - 6:59	5:00 - 5:59	3:00 - 3:59	1:00 - 1:59
50	7:00 - 7:59	8:00 - 8:59	5:00 - 5:59	4:00 - 4:59	2:00 - 2:59	<0:59
40	6:00 - 6:59	7:00 - 7:59	4:00 - 4:59	3:00 - 3:59	1:00 - 1:59	
30	5:00 - 5:59	6:00 - 6:59	3:00 - 3:59	2:00 - 2:59	<0:59	
20	4:00 - 4:59	5:00 - 5:59	2:00 - 2:59	1:00 - 1:59		
10	<3:59	<4:59	<1:59	<0:59		

DATE – DECEMBER 2012

SESSION 9 – MAX SQUAT HOLD



Venue – Bill Cash Memorial Oval,
Cannon Hill

Time – 7.00am – 8.15am



90 DEGREE WALL SQUAT HOLD

Pts	FEMALE					
	18-25 TIME	26-35 TIME	36-45 TIME	46-55 TIME	56-65 TIME	65+ TIME
150	>16:00	>17:00	>14:00	>13:00	>11:00	>9:00
140	15:00 - 15:59	16:00 - 16:59	13:00 - 13:59	12:00 - 12:59	10:00 - 10:59	8:00 - 8:59
130	14:00 - 14:59	15:00 - 15:59	12:00 - 12:59	11:00 - 11:59	9:00 - 9:59	7:00 - 7:59
120	13:00 - 13:59	14:00 - 14:59	11:00 - 11:59	10:00 - 10:59	8:00 - 8:59	6:00 - 6:59
110	12:00 - 12:59	13:00 - 13:59	10:00 - 10:59	9:00 - 9:59	7:00 - 7:59	5:00 - 5:59
100	11:00 - 11:59	12:00 - 12:59	9:00 - 9:59	8:00 - 8:59	6:00 - 6:59	4:00 - 4:59
90	10:00 - 10:59	11:00 - 11:59	8:00 - 8:59	7:00 - 7:59	5:00 - 5:59	3:00 - 3:59
80	9:00 - 9:59	10:00 - 10:59	7:00 - 7:59	6:00 - 6:59	4:00 - 4:59	2:00 - 2:59
70	8:00 - 8:59	9:00 - 9:59	6:00 - 6:59	5:00 - 5:59	3:00 - 3:59	1:00 - 1:59
60	7:00 - 7:59	8:00 - 8:59	5:00 - 5:59	4:00 - 4:59	2:00 - 2:59	<0:59
50	6:00 - 6:59	7:00 - 7:59	4:00 - 4:59	3:00 - 3:59	1:00 - 1:59	
40	5:00 - 5:59	6:00 - 6:59	3:00 - 3:59	2:00 - 2:59	<0:59	
30	4:00 - 4:59	5:00 - 5:59	2:00 - 2:59	1:00 - 1:59		
20	3:00 - 3:59	4:00 - 4:59	1:00 - 1:59	<0:59		
10	<2:59	<3:59	<0:59			

DATE – DECEMBER 2012

SESSION 10 – MAX SAND BAG HOLD

Venue – Kangaroo Point Cliff Park

Time – 7.00am – 8.15am



NOTE: Participants will hold a 20kg Sand Bag above their head for as long as they can. When bag goes below head height participant is out

20 KG SAND BAG - RAISED SHOULDER HOLD						
MALE						
Pts	18-25 TIME	26-35 TIME	36-45 TIME	46-55 TIME	56-65 TIME	65+ TIME
150	>17:00	>18:00	>15:00	>14:00	>12:00	>10:00
140	16:00 - 16:59	17:00 - 17:59	14:00 - 14:59	13:00 - 13:59	11:00 - 11:59	9:00 - 9:59
130	15:00 - 15:59	16:00 - 16:59	13:00 - 13:59	12:00 - 12:59	10:00 - 10:59	8:00 - 8:59
120	14:00 - 14:59	15:00 - 15:59	12:00 - 12:59	11:00 - 11:59	9:00 - 9:59	7:00 - 7:59
110	13:00 - 13:59	14:00 - 14:59	11:00 - 11:59	10:00 - 10:59	8:00 - 8:59	6:00 - 6:59
100	12:00 - 12:59	13:00 - 13:59	10:00 - 10:59	9:00 - 9:59	7:00 - 7:59	5:00 - 5:59
90	11:00 - 11:59	12:00 - 12:59	9:00 - 9:59	8:00 - 8:59	6:00 - 6:59	4:00 - 4:59
80	10:00 - 10:59	11:00 - 11:59	8:00 - 8:59	7:00 - 7:59	5:00 - 5:59	3:00 - 3:59
70	9:00 - 9:59	10:00 - 10:59	7:00 - 7:59	6:00 - 6:59	4:00 - 4:59	2:00 - 2:59
60	8:00 - 8:59	9:00 - 9:59	6:00 - 6:59	5:00 - 5:59	3:00 - 3:59	1:00 - 1:59
50	7:00 - 7:59	8:00 - 8:59	5:00 - 5:59	4:00 - 4:59	2:00 - 2:59	<0:59
40	6:00 - 6:59	7:00 - 7:59	4:00 - 4:59	3:00 - 3:59	1:00 - 1:59	
30	5:00 - 5:59	6:00 - 6:59	3:00 - 3:59	2:00 - 2:59	<0:59	
20	4:00 - 4:59	5:00 - 5:59	2:00 - 2:59	1:00 - 1:59		
10	<3:59	<4:59	<1:59	<0:59		

DATE – JANUARY 2012

SESSION 10 – MAX SAND BAG HOLD

Venue – Kangaroo Point Cliff Park

Time – 7.00am – 8.15am



NOTE: Participants will hold a 20kg Sand Bag above their head for as long as they can. When bag goes below head height participant is out

10 KG SAND BAG - RAISED SHOULDER HOLD						
	FEMALE					
	18-25	26-35	36-45	46-55	56-65	65+
Pts	TIME	TIME	TIME	TIME	TIME	TIME
150	>16:00	>17:00	>14:00	>13:00	>11:00	>9:00
140	15:00 - 15:59	16:00 - 16:59	13:00 - 13:59	12:00 - 12:59	10:00 - 10:59	8:00 - 8:59
130	14:00 - 14:59	15:00 - 15:59	12:00 - 12:59	11:00 - 11:59	9:00 - 9:59	7:00 - 7:59
120	13:00 - 13:59	14:00 - 14:59	11:00 - 11:59	10:00 - 10:59	8:00 - 8:59	6:00 - 6:59
110	12:00 - 12:59	13:00 - 13:59	10:00 - 10:59	9:00 - 9:59	7:00 - 7:59	5:00 - 5:59
100	11:00 - 11:59	12:00 - 12:59	9:00 - 9:59	8:00 - 8:59	6:00 - 6:59	4:00 - 4:59
90	10:00 - 10:59	11:00 - 11:59	8:00 - 8:59	7:00 - 7:59	5:00 - 5:59	3:00 - 3:59
80	9:00 - 9:59	10:00 - 10:59	7:00 - 7:59	6:00 - 6:59	4:00 - 4:59	2:00 - 2:59
70	8:00 - 8:59	9:00 - 9:59	6:00 - 6:59	5:00 - 5:59	3:00 - 3:59	1:00 - 1:59
60	7:00 - 7:59	8:00 - 8:59	5:00 - 5:59	4:00 - 4:59	2:00 - 2:59	<0:59
50	6:00 - 6:59	7:00 - 7:59	4:00 - 4:59	3:00 - 3:59	1:00 - 1:59	
40	5:00 - 5:59	6:00 - 6:59	3:00 - 3:59	2:00 - 2:59	<0:59	
30	4:00 - 4:59	5:00 - 5:59	2:00 - 2:59	1:00 - 1:59		
20	3:00 - 3:59	4:00 - 4:59	1:00 - 1:59	<0:59		
10	<2:59	<3:59	<0:59			

DATE – JANUARY 2012

SESSION 11 – 10km Handicap Run

Venue – Kangaroo Point Cliff Park

Time – 7.00am – 8.30am



NOTE: Participants will be 'timed' handicap using their 2km & 6km time trial runs.

10km HANDICAP RUN

MALE		FEMALE		MALE		FEMALE		MALE		FEMALE	
Pts	ALL AGES	Pts	ALL AGES	Pts	ALL AGES	Pts	ALL AGES	Pts	ALL AGES	Pts	ALL AGES
150	1st	120	7th	90	13th	60	18th	30	25th		
145	2nd	115	8th	85	14th	55	20th	25	26th		
140	3rd	110	9th	80	15th	50	21st	20	27th		
135	4th	105	10th	75	16th	45	22nd	15	28th		
130	5th	100	11th	70	17th	40	23rd	10	29th		
125	6th	95	12th	65	18th	35	24th	5	30th		

DATE – FEBRUARY 2013

SESSION 12 – MYSTERY CHALLENGE

Venue – Kangaroo Point Cliff Park

Time – 7.00am – 8.30am

NOTE: Each participant will chose from a tub a number between 1 and 6. The number they chose from the tub will correlate to the mystery challenge they must complete to gain 150 points. Challenges listed below

MYSTERY CHALLENGE			
NUMBER	CHALLENGE	MALE	FEMALE
1	PLANK HOLD	>5 mins	>4 mins
2	2km Run	<9 mins	<9 mins 30 secs
3	PUSH UPS	120	Apr-00
4	4km Run	<20 mins	<22mins
5	SQUAT HOLD	>14 mins	>12 mins
6	BURPEES	150	130

NOTE: BBQ BREAKFAST WILL BE SERVED AFTER COMPLETION OF CHALLENGES

DATE – MARCH 2013

FAT % POINTS – MONTHLY POINTS

NOTE: Each participant weighs in each month and should they lose BODY FAT % compared to their previous measurement they will be awarded points as per below.

MONTHLY FAT % LOSS	
	MALE
	FEMALE
	ALL AGES
Pts	
150	>1.36%
140	1.26% - 1.35%
130	1.16% - 1.25%
120	1.06% - 1.15%
110	0.96% - 1.05%
100	0.86% - 0.95%
90	0.76% - 0.85%
80	0.66% - 0.75%
70	0.56% - 0.65%
60	0.46% - 0.55%
50	0.36% - 0.45%
40	0.26% - 0.35%
30	0.16% - 0.25%
20	0.06% - 0.15%
10	0.00% - 0.05%

ATTENDANCE POINTS

ATTENDANCE POINTS	
	MALE
	FEMALE
Pts	ALL AGES
50	SUNDAYS

CHALLENGE POINTS SUMMARY

CHALLENGE POINTS SUMMARY				
WEEK	CHALLENGE	ATTENDANCE PTS	BODY FAT % PTS	TOTAL POINTS
1	150	50	150	350
2	150	50	150	350
3	150	50	150	350
4	150	50	150	350
5	150	50	150	350
6	150	50	150	350
7	150	50	150	350
8	150	50	150	350
9	150	50	150	350
10	150	50	150	350
11	150	50	150	350
12	150	50	150	350
MAX POINTS	1800	600	1800	4200

NOMINATION INFORMATION

Nominations for Rush Time 2012/13 are due by **Friday 23rd March 2012**. Spaces are limited so hurry and nominate to confirm your spot.

Please click on the nomination form on the Rush Hour website and email to rushhour75@gmail.com

Bank Details for payments are as follows:

Name – Rush Hour Personal Training

Bank – Bank of Queensland

Account – 2044 4620

BSB – 124 001

Comment – RHC12 (insert name)

Amount - \$250.00