

FITTEST

TYLERITE

ENTRANCE

Athletes Warm Up Area

START

FINISH

TRX PULL UPS

Exercise 1 Lunge Jumps

Exercise 2 Sit Ups

Exercise 3 Shoulder Taps

Exercise 4 Reverse Lunges

Exercise 5 Mountain Climbers

Exercise 6 Hand Release Pushups

Exercise 7 Lateral Step Overs

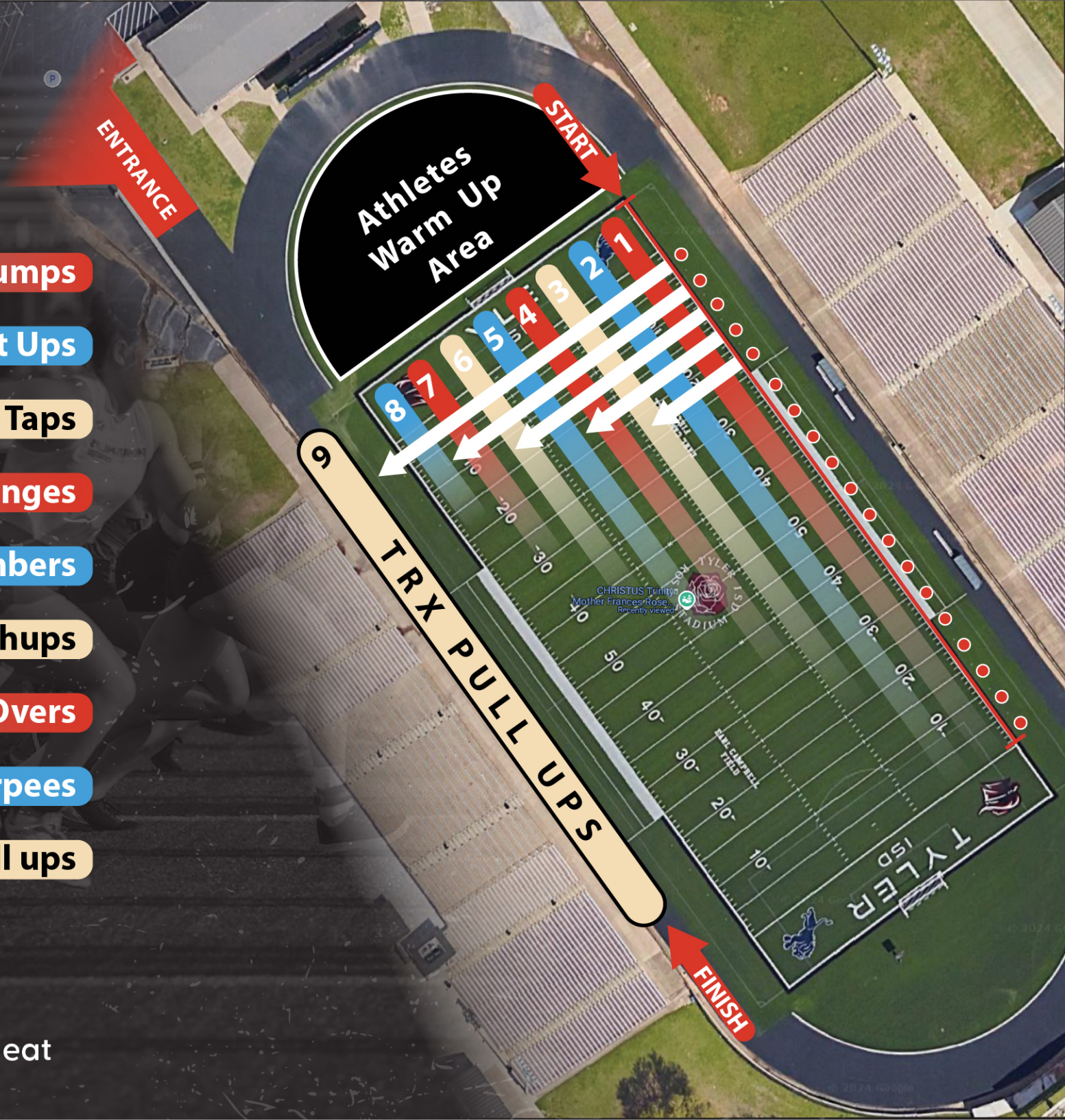
Exercise 8 Burpees

Exercise 9 TRX Pull ups

AMRAP : 60 Seconds

REST : 90 Seconds

Starting position for each heat



ASSESSMENT DAY

Lower Body

Lunge Jumps (2 Jumps = 1 rep)	Reverse Lunges (2 lunges = 1 rep)	Lateral box step-overs (2 steps = 1 rep)
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Core

Sit Ups	Mountain Climbers (both legs = 1 rep)	Burpees
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Upper Body

Shoulder Taps (2 taps = 1)	Hand-release Push Ups	TRX Pull-ups
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Gender (at birth) Male Female

Full Name _____

Age on January 16th _____

City Where You Live _____

Score Index

Every participant will earn their own Index Score that is comprised of:

- (1) Your AMRAP score on Thursday January 16, 2025, and
- (2) Your fastest 5k time from any one of the 5k events listed for this competition.

Your fastest time at any of the listed 5k events will determine the number of points you will receive as your official 5k score, as shown in the table below.

Average Pace Per Mile	5k Finish Time	Points Earned
5:00 or less	15:32 or less	200
5:01 – 5:59	15:33 – 18:38	185
6:00 – 6:59	18:39 – 21:45	170
7:00 – 7:59	21:46 – 24:51	155
8:00 – 8:59	24:52 – 27:58	140
9:00 – 9:59	27:59 – 31:04	125
10:00 – 10:59	31:05 – 34:11	110
11:00 – 11:59	34:12 – 37:17	95
12:00 and longer	37:18 and longer	80

The points earned from your fastest 5k score will then be added to the AMRAP score that you received after the protocol of exercises; that is your final score.

Prizes

Based on your final index score, all entrants will be ranked by gender and within age categories (e.g., 18 – 29, 30 – 39, 40 – 49, 50 – 59, 60 – 69, and 70+).

The winners by age category will be invited to participate in an individualized photo shoot with Fit City Tyler, so that your celebratory photo can be uploaded onto FitCityTyler.com for first-year bragging rights.

The overall highest scoring male and overall highest scoring female will each receive a complimentary VO₂Max assessment that has been contributed to Fit City Tyler thanks to Horizon Health in Tyler.

Additional prizes may be awarded at the discretion of our planning committee.

Rules for Participation

Every participant **must** complete both below steps as a part of your entry, in order to be eligible for our overall top prizes:

- 1) You **must** register for and **must** participate by performing the protocol of exercises scheduled to only occur on Thursday January 16, 2025, upon Earl Campbell Field at CHRISTUS Trinity Mother Frances Rose Stadium.
 - Entrants are advised to wear lightweight clothing and maintain modesty in appearance during their participation.
- 2) Register and finish **at least one** of the 5k events listed on the webpage for The Fittest Tylerites Competition. Your fastest time at any of the listed 5k events will be recorded as your official 5k time.
 - Participants do not have to register and complete every listed 5k but must sign up for at least one of the listed 5k events.

Residents of any East Texas city can compete and win your age group, but prize awards and our overall winners will be limited only to persons who live OR who work within the city limits of Tyler, Texas.

Entrants agree to abide by the terms of these Official Rules and by the decisions of the Fit City Tyler Planning Committee, and further grant our right to use and publish their proper name online and in print, or any other media, in connection to Fit City Tyler and its affiliates.

Each entrant agrees that all physical activity that is performed in relation to their participation within The Fittest Tylerites Competition will be done at his/her sole risk. The participant also releases Fit City Tyler from all liability, claims, or actions of any kind whatsoever for injuries, damages, accidents, claims, or losses to persons and property which may be sustained directly or indirectly in connection with their participation within The Fittest Tylerites Competition.

Eligibility to Participate

Anyone from any East Texas city can register and participate in the competition.

Only Tyler residents will be awarded the overall title of the 2025 Fittest Tylerite.

If you live or work outside of Tyler, you can still enter and compete!