



SWTJC

IRON COWBOY Fitness Challenge **ROW—SWIM—RUN—PUSHUPS** **Saturday April 13, 2024**



The SWTJC Iron Cowboy Fitness Challenge will take place at the SWTJC Uvalde Swim Center on Saturday, April 13, 2024. This is a team competition and/or Individual event. We will have five divisions, All Male Team, All Female Team, Mixed Team, Youth Team (12&under), and Individual. All coed teams **MUST** be composed of two men and two women. Each team member does **ONE** leg of the relay. **The entry fee: Donation items to the SWTJC Student Food Pantry.** Have the team captain register team. **WE ARE CAPPING AT 25 TEAMS!** All Proceeds benefit SWTJC Food Pantry.

Place: SWTJC Uvalde Swim Center, 2401 Garner Field Rd, Uvalde, TX 78801 (SWTJC Memorial Swimming Pool)
Time: Race Start (1st Wave: 8:30 a.m.)

Divisions	Schedule	Order of Events
Male Team (4 athletes)	Athlete Check-in at 7:30-8:00 am	1600-meter row on Concept 2 rower
Female Team (4 athletes)	Athlete Briefing at 8:15 a.m.	1.8 mile run
Mix Team (2 males/2 females)	Heat #1 Starts at 8:30 a.m.	300-meter pool swim (floaties allowed)
Youth Team (mixed, female, male)	Awards: 10 a.m.	Push-ups (3-minute window)
Individual		

Athlete Check-In: Team Captains will pick-up the team packets. **PLEASE ONLY SEND THE TEAM CAPTAIN.**

Each athlete will wear a bib number **EXCEPT** the swimmer. Swimmers, please stop at volunteer station for body marking: number will be written on your shoulders.

ROWING

The rower must **NOT** touch the handles until the race director says, “GO!” Touching the handles early will be considered a false start and result in a ten second penalty. 1600-meter row on Concept 2 rower. At the end of the rowing leg, the rower will place the handles back in the cradle and run to the exchange area where rower tags and hands off the bracelet that will serve at the “baton” for the relay. Failure to place the handles back in the cradle will result in a ten second penalty.

RUNNING

The runner will take the bracelet and start out on the 1.8-mile course clockwise around the SWTJC campus. We will have a water station on the run course and plenty of ice water at the pool. Runner will hand-off the bracelet to the swimmer in the designated transition area.

SWIMMING

The swimmer must enter the water feet-first and swim 12 lengths (6 laps) of the pool. You must swim down and back in your lane for 6 laps. You will continue this route until you have completed 300 yards, or 6 laps in your assigned lane. When you finish the swim, please exit the pool as quickly as possible to have time recorded. This concludes the “race” portion of the relay. Now the muscle-heads get to play!

PUSH-UPS

The fourth member of the relay will have 3 minutes to complete as many reps possible of strict Push-ups. There will be one judge at each station determining if you have successfully completed each rep. (2 Modified PU = 1 strict PU)

