



FIREFIGHTER CHALLENGE

July 15th

St. Lawrence Fire Station

Sign in will be at 7:00 AM

Challenge will be a shotgun start at 8:00 AM

Team and Individual events

Obstacle Course-Team

Water Movement- Team

Hose coupling throw- Team

Monkey bars- Team

Hose throw- Individual

Fireman's carry- Team

Charged hose pull- Individual

Teams will consist of 5 members with at least one member over 40 years of age. Team members must be active members in good standing with at least 1 year of membership. Departments can combine with one other department to form a team.

All participants will receive a challenge coin.

The top three teams will receive a Helmet shield.

Pre-Registration is required!

See the attached form

Entry Fee is \$125.00 prior to March 1, 2023 and \$150.00 after March 1, 2023 & \$175.00 prior to July 1, 2023. **No registrations** accepted after July 1, 2023