

LET THE GAMES BEGIN!

FIRST ANNUAL YMCA OLYMPICS!

YMCA OF DOWNTOWN MANCHESTER

SATURDAY, MARCH 23 | 9:00 AM-12:00 PM

\$3 PER EVENT | \$20 TO COMPETE IN ALL 10 EVENTS



MEDAL EVENTS | MEN AND WOMEN

Start training today! COMPETE IN ONE OR ALL 10! Need a little extra motivation? Personal training at the Y can help you get ready for YMCA Olympics! See a wellness coach to get started!	SWIMMING	the fastest ¼ mile swim in our pool
	RUNNING	the fastest mile performed on a treadmill
	ROWING	the fastest 1500 m time
	BIKING	the fastest 5k (3.1 miles) on a cycling bike
	JACOB'S LADDER	the farthest distance reached in two minutes
	PULL UPS	the most pull ups performed from a dead hang
	PUSH UPS	the most push ups performed (all the way down to the floor with arms out at bottom between reps)
	DEADLIFT	the most repetitions performed at body weight
	STONE THROW	the farthest underhand throw of a 20 lb. slam ball
	LONG JUMP	the farthest jump performed in our Blake room (wooden gym floor)

REGISTRATION IS REQUIRED
Ages 18 – 49 | Age 50+



Ask a wellness coach for more information.
SEE YOU AT THE GAMES!