



Frozen FROGMAN

HAC's BUD/S–Inspired Challenge

BRENDAN LOONEY BUD/S

Swim and Physical Fitness Test

Event honors Navy SEAL LT Brendan Looney, a son, brother and husband, who was killed in September 2010. A Naval Academy graduate, Brendan excelled at football and lacrosse becoming an All-American, was best friends with Travis Manion, and honor man of his BUD/S class.

| PST EVENT | SEAL MINIMUM STANDARDS | SEAL COMPETITIVE STANDARDS | AVERAGES (HAC ESTIMATES) |
|-----------------------|------------------------|----------------------------|--------------------------|
| 500 Yard Swim | 12:30 | 8 Minutes | 12 Minutes |
| Push-ups in 2 Minutes | 50 | 80-100 | 25-30 |
| Sit-ups in 2 Minutes | 50 | 80-100 | 50 |
| Pull-ups | 10 | 15-20 | 6 |
| 1.5 Mile Timed Run | 10:30 | 9-10 Minutes | 14 Minutes |

*** Minimum and competitive standards are for reference only. In HAC's challenge, it will be counted as the number completed in 2 minutes. Participants are not required to hit the minimum.*

Standards for Counting:

PUSH-UPS

Must be performed with a straight back and feet and hands in contact with the deck at all times. No slouching allowed.

SIT-UPS

Sit on the floor with your knees bent and feet on the floor. Cross your arms in front of you with fingertips touching your shoulders. Exercise through the full range of motion.

PULL-UPS

Grip pull-up bar with palms facing away from you. Hands are to be shoulder width apart. Do not swing, kick, or bicycle to assist. Make sure you go all the way up (chin above bar) then all the way down. Pull ups are counted through dropping off the bar.

SUBSTITUTIONS AND PENALTIES:

A 2500 m row can be substituted for the swim. Any stroke is premitted. If the weather is poor or icy, runs will be completed on a treadmill. If the run and/or swim are not completed, the maximum time limit + a penalty of 100 points will be applied. If the pushups, sit-ups, and/or pull ups are not attempted, the participant takes a score of 0 + a penalty of 100 points will be applied. If the participant attempts the pushups, sit-ups, and/or pull ups unsuccessfully completing any, participant takes a score of 0 without penalty.

SCORING:

Participants will be scored using the calculator at apps.sealswcc.com

Maximum time for swim: 20 minutes (if a participant takes longer than 20 minutes, no penalty is applied.)

Maximum time for run: 18 minutes (if a participant takes longer than 18 minutes, no penalty is applied.)



302-239-6688

Imagure@hachealthclub.com