

# HILLSBOROUGH TWP. VOL. FIRE CO. #2

## TENTH ANNUAL FIREFIGHTER OLYMPICS

OCTOBER 18, 2008

10A.M.

Enclosed Package Includes:

Registration Form

Entry Rules

Event Description

Guidelines

Register on line at [www.Hillsboroughfireco2.com](http://www.Hillsboroughfireco2.com)  
Click Olympics

**For more information please contact:**

Doug Matthews — (908) — 359-8901

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Email [htvfc2@patmedia.net](mailto:htvfc2@patmedia.net)

# Event Guidelines

Please adhere to the following guidelines. Participants tend to underestimate the arduous nature of the event and the effects it can have on them physically.

1. Drink plenty of water 1 to 2 hours prior to the event.
2. Avoid consumption of alcohol at least 48 hours prior to the event.
3. Avoid use of any over-the-counter medication for 48 hours.
4. Avoid strenuous exercise for 48 hours prior to the event.



## ENTRY RULES

1. Complete the registration form, and make check payable to Hillsborough Twp. Vol. Fire Co. # 2.
2. Entry fee is \$15.00 (**\$25.00 after 10-1-08**) per firefighter per event (individual and or tag team).
3. List the firefighters on the form that will participate in the event. Print names carefully and provide age, sex, nick name, phonetic spelling and title for each entrant.
4. All entries must be received by 10/01/07. Entries are accepted on the day of event, space permitting (No guarantee).
5. Refund policy — Full refund for cancellation up to 21 days prior to event. **NO REFUND** within 21 days of the event.
6. Award categories for the event includes Best Team (sum of three best individuals times); Best Individual; Best female; Best over 40; Best over 50 and Best Tag Team times.
7. All entrants must show up on the event date, rain or shine. Rain date will be determined on day of event.
8. Every entrant prior to participation must sign the Waiver and Release form. No one will be allowed to participate without signing this form.
9. The start order is established by HTVFC #2 with competitors going through the course consecutively based upon their assigned number. The “next up” competitor must be in full turnout gear when the preceding participant is at the start line.
10. Each company will assign a team captain who will be responsible to ensure that all team members are present and in possession of official turnout gear that is in compliant with NFPA standards. Scott breathing apparatus is provided and must be worn by all participants. Participants must finish the event without running out of air. Hoods will not be required.
11. The Team Captain and the Course Referee will resolve disputes regarding penalties. All Course Referee decisions are final.
12. Firefighters are urged to sign up early since enrollment will be limited to 50 individual entrants and 16 Tag Teams. All members for the individual team trophy and tag team trophy must be from the same fire department or company. Telephone enrollment will not be accepted.
13. A team or individual is considered to be registered, upon receipt of a completed Registration Form. The registration must include a check (\$15 for each entrant).

## EVENT DESCRIPTION

- STAIR CLIMB** - The first event is the high- rise pack carry. The 100' 1.75 inch hose may be carried in any manner, but must be placed in the container on the top floor of the tower (equiv. to a five-story building). The hand rails may be used and steps may be taken in multiples on the way up, but every step must be contacted and both handrails grasped when descending the tower.
2. **HOSE HOIST** — A 45lb donut roll of LDH hose and 5/8" rope are used for this event. The evolution is complete when the roll clears the railing of the top of the tower and is placed in the container.
3. **FORCIBLE ENTRY** - The evolution utilizes the Keiser Force Machine. Using a 9 lb shot mallet, the participant must drive the 165 lb steel beam a horizontal distance of 5ft.
4. **HOSE ADVANCE** — After advancing a 140ft, the participant must pick up the nozzle of the 1.75" charged hose line and drag it a distance of 75ft, open the nozzle, hit the target with the water stream, shut down the nozzle and places the nozzle down. If the nozzle is not shut before it is placed down, the participant must go back and close it.
5. **VICTIM RESCUE** - A 175lb Rescue Randy mannequin must be dragged backwards a distance of 100 ft. Carrying the dummy is not permitted. Time stops when **the participants and victim completely cross the finish line.**
6. **TAG TEAM EVENT** — Includes items 1-5, consisting of 5 person teams, each member of the team responsible for one of the above events.

**Firefighter Olympics  
Registration Form  
Individual**

Event Location: Hillsborough Volunteer Fire Company #2  
375 Route 206 South  
Hillsborough, NJ 08844

Event Date: October 18, 2008

Registration Start Time: 8:00 AM

Event Fee: \$15.00 (\$25.00 after 10-1-08) per participant (per registered event)

Starting time, for the individual trail event will start promptly at 10:00 AM, followed by the 5 man TAG TEAM event.

Please complete the registration form, and make check payable to Hillsborough Twp. Volunteer Fire Company #2. All entries must be received by October 1, 2006.

- Fire Company: \_\_\_\_\_
- Fire Co. Contact: \_\_\_\_\_  
Title \_\_\_\_\_
- Phone Number: \_\_\_\_\_  
Email Address: \_\_\_\_\_

• Total # of Participants: \_\_\_\_\_ Total Fee Enclosed: \_\_\_\_\_

1. Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

2. Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

3. Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

4. Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

5. Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

Every entrant, prior to participation must sign a Waiver and Release form and have a baseline Blood pressure check. No one will be allowed to participate without signing this form. The form will be available two hours prior to start of events.

For additional entrants copy this form, or list on back and check here \_\_\_\_\_.

**Firefighter Olympics  
Registration Form  
Tag team**

Event Location: Hillsborough Volunteer Fire Company #2  
375 Route 206 South  
Hillsborough, NJ 08844

Event Date: October 18, 2008

Registration Start Time: 8:00 AM

Event Fee: \$15.00 (\$25.00 after 10-1-08) per participant (per registered event)

Starting time For the individual event will start promptly at 10:00 AM, followed by the 5 man TAG TEAM event.

Please complete the registration form, and make check payable to Hillsborough Twp. Volunteer Fire Company #2. All entries must be received by October 1, 2006.

- Fire Company: \_\_\_\_\_
- Fire Co. Contact: \_\_\_\_\_  
Title \_\_\_\_\_
- Phone Number: \_\_\_\_\_  
Email Address: \_\_\_\_\_

• Total # of Participants: \_\_\_\_\_ Total Fee Enclosed: \_\_\_\_\_

1. Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

2 Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

3. Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

4. Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

5. Name: \_\_\_\_\_  
Title: \_\_\_\_\_ Phonetic Spelling \_\_\_\_\_  
Sex: M F *Circle one* Nick name \_\_\_\_\_  
Age: \_\_\_\_\_ "T" shirt size S M L XL XXL *Circle one*

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