



23rd Annual National LawFit Challenge

JUNE 26-28, 2025



Hosted By:

LAWFIT/FIREFIT, LLC
PUBLIC SAFETY AGENCIES OF DESOTO COUNTY MISSISSIPPI

Sponsoring Site:

Northpoint Christian School
7400 Getwell Road, Southaven, MS 38672

Landers Center
4560 Venture Drive, Southaven, MS 38671

Thursday - June 26, 2025

- 14:45 – 15:00 Rules Interpretation & Bench Press Instructions – Northpoint Christian School Gym
- 15:00 – 15:30 Warm Up – Northpoint Christian School Gym
- 15:30 – Until Bench Press Competition – Northpoint Christian School Gym

Friday - June 27, 2025

- 07:30 – 08:00 Check-In and Rules & Interpretation for 1.5 Mile Run – Landers Center-Parking Lot
- 08:00 – 09:00 1.5 Mile Run – Landers Center-Parking Lot – West Side
- 11:30 – 11:45 Rules Interpretation & Event Instructions – Northpoint Christian School Gym
- 11:45 – 14:30 Event Testing – Northpoint Christian School Gym
 - 1. 1 Minute Timed Sit-Ups
 - 2. Sit & Reach
 - 3. Pull-ups

Saturday - June 28, 2025

- 08:45 – 09:15 Suspect Pursuit Walk Through – Landers Center Arena
- 09:15 – Until Suspect Pursuit Competition – Landers Center Arena

****These times may be subject to change****