

2025 Fitness Challenge Championships

Overall Event Score Report

Mixed Division

TOTALS	SCHOOL	TEAM	Placement Points Earned				
			PTT	3-K	BrdJmp	PwrThw	PU/Flex
21	Warren County High School	Pioneer Mix	1	4	6	4	6
30	Kenwood High School	Knights	5	1	5	15	4
34	Brandeis High School	Praetorians	10	7	7	2	8
35	Air Academy High School	Centurions	4	15	1	13	2
37	Clarkrange High School	Buffaloes	19	10	4	1	3
45	William J Brennan High School	Spartan Bears	13	3	10	8	11
48	Richwoods High School	Knight Raiders	25	9	2	3	9
49	Walker High School	Devil Cats	8	2	11	22	6
53	West Creek High School	Team Alpha	2	6	24	10	11
57	Celebration High School	Storms	7	22	16	7	5
57	Seminole High School	Fighting Noles	6	18	14	5	14
60	Spring Hill High School	Raiders	27	14	9	9	1
62	Granbury High School	Pirate Nation	3	8	15	21	15
64	Mariner High School	Tritons	12	5	22	16	9
91	Pinellas Park High School	Patriots	11	13	25	23	19
100	Dr. Phillips High School	Panthers	16	12	21	24	27
102	Hanford High School	Falcons	24	11	17	30	20
106	Flagler Palm Coast High School	Bulldogs - Mixed	22	24	12	35	13
108	South Paulding High School	Spartans	14	23	19	20	32
109	McMichael High School	The Phoenix Power-	17	30	26	11	25
112	Cherokee High School	Warriors	34	16	3	41	18
118	Cactus High School	Cobra Kai	40	28	8	27	15
119	Clarke Central High School	Steel Centurions	21	26	18	18	36
119	Green High School	Band of Bulldogs	36	19	29	12	23
119	Nixa High School	Screamin' Eagles	20	25	27	25	22
119	Pemberton Township High School	Hornets	18	21	28	17	35
120	Bob Jones High School	B-21 Bombers Wing	23	27	23	18	29
122	Ben C. Rain High School	Red Raiders	42	33	13	6	28
125	Bogalusa High School	Lumberjacks	9	37	30	32	17
126	The Philadelphia Military Academy	Mandalorians	29	34	20	14	29
134	Smith-Cotton High School	Black Tigers	33	20	31	26	24
145	Dunedin High School	Falcon Navy	15	17	35	39	39
148	East Hamilton High School	Hurricanes	32	29	37	29	21
168	Francis Lewis High School	United Fitness Team	37	39	38	28	26
168	Phoenix STEM Military Academy	Firebirds	30	35	34	31	38
169	West Forsyth High School	Titans	26	31	36	42	34

Overall placement in the Mixed Division was determined using all events except for the Physical Team Test as insufficient teams competed.

2025 Fitness Challenge Championships

Overall Event Score Report

Mixed Division

TOTALS	SCHOOL	TEAM	Placement Points Earned				
			PTT	3-K	BrdJmp	PwrThw	PU/Flex
176	East Aurora High School	Tomcats	38	32	41	36	29
178	Albany High School	Mixed Falcons	41	38	32	34	33
187	Wheeler & Walton High School	Wildcats	28	40	39	43	37
188	Downey High School	Mixed Vikings	35	42	33	38	40
188	Rockledge High School	Renegades	31	36	40	40	41
198	Michele Clark High School	Eagles	39	43	42	33	41
207	Wekiva High School	Mustangs	43	41	43	37	43

Overall placement in the Mixed Division was determined using all events except for the Physical Team Test as insufficient teams competed.

(1) Placement determined by tie-breaker
 (2)

2025 Fitness Challenge Championships

Physical Team Test Score Report

Mixed Division

Adjusted Finish	School		Raw Finish Time	Time Penalty in Seconds
2:00.75	Warren County High School	Pioneer Mix	2:0.75	0
2:03.06	West Creek High School	Team Alpha	2:3.06	0
2:03.31	Granbury High School	Pirate Nation	2:3.31	0
2:03.49	Air Academy High School	Centurions	2:3.49	0
2:04.00	Kenwood High School - Fitness	Knights	2:4.00	0
2:04.32	Seminole High School	Fighting Noles	2:4.32	0
2:05.16	Celebration High School	Storms	2:5.16	0
2:06.09	Walker High School	Devil Cats	2:6.09	0
2:07.44	Bogalusa High School	Lumberjacks	2:7.44	0
2:08.34	Brandeis High School	Praetorians	2:8.34	0
2:09.50	Pinellas Park High School	Patriots	2:9.50	0
2:11.44	Mariner High School	Tritons	2:1.44	10
2:12.16	William J Brennan High School	Spartan Bears	2:12.16	0
2:14.16	South Paulding High School	Spartans	2:14.16	0
2:15.16	Dunedin High School	Falcon Navy	2:15.16	0
2:23.69	Dr. Phillips High School	Panthers	2:13.69	10
2:25.19	McMichael High School	The Phoenix Power-Raiders	2:15.19	10
2:26.47	Pemberton Township High School	Hornets	2:26.47	0
2:27.00	Clarkrange High School	Buffaloes	2:17.00	10
2:28.84	Nixa High School	Screamin' Eagles	2:28.84	0
2:29.40	Clarke Central High School	Steel Centurions	2:29.40	0
2:30.40	Flagler Palm Coast High School	Bulldogs - Mixed	2:20.40	10
2:30.66	Bob Jones High School	B-21 Bombers Wingman	2:30.66	0
2:31.87	Hanford High School	Falcons	2:21.87	10
2:34.00	Richwoods High School	Knight Raiders	2:24.00	10
2:35.94	West Forsyth High School	Titans	2:35.94	0
2:38.09	Spring Hill High School	Raiders	2:18.09	20
2:39.28	Wheeler & Walton High School	Wildcats	2:39.28	0
2:43.88	The Philadelphia Military Academy	Mandalorians	2:23.88	20
2:43.94	Phoenix STEM Military Academy	Firebirds	2:33.94	10
2:44.72	Rockledge High School	Renegades	2:44.72	0
2:45.78	East Hamilton High School	Hurricanes	2:35.78	10
2:48.22	Smith-Cotton High School	Black Tigers	2:28.22	20
2:51.38	Cherokee High School	Warriors	2:31.38	20
2:52.56	Downey High School	Mixed Vikings	2:42.56	10
2:53.00	Green High School	Band of Bulldogs	2:23.00	30
3:06.35	Francis Lewis High School	United Fitness Team	3:6.35	0
3:06.75	East Aurora High School	Tomcats	2:56.75	10
3:20.15	Michele Clark High School	Eagles	3:20.15	0
3:20.16	Cactus High School	Cobra Kai	3:0.16	20
3:27.28	Albany High School	Mixed Falcons	2:57.28	30
3:27.84	Ben C. Rain High School	Red Raiders	3:17.84	10
3:41.72	Wekiva High School	Mustangs	3:21.72	20

2025 Fitness Challenge Championships

3-K Run Score Report

Mixed Division

Adjusted Finish	School		Raw Finish Time	Time Penalty in Seconds	
10:32.22	Kenwood High School - Fitness	Knights	10:32.22	0	
10:41.87	Walker High School	Devil Cats	10:41.87	0	
10:44.52	William J Brennan High School	Spartan Bears	10:44.52	0	
10:53.97	Warren County High School	Pioneer Mix	10:53.97	0	
10:57.09	Mariner High School	Tritons	10:57.09	0	
10:58.12	West Creek High School	Team Alpha	10:58.12	0	
11:02.00	Brandeis High School	Praetorians	11:02.00	0	
11:09.09	Granbury High School	Pirate Nation	11:09.09	0	
11:25.40	Richwoods High School	Knight Raiders	11:25.40	0	
11:36.47	Clarkrange High School	Buffaloes	11:36.47	0	
11:37.70	Hanford High School	Falcons	11:37.70	0	
11:42.65	Dr. Phillips High School	Panthers	11:32.65	10	Pacing
11:47.31	Pinellas Park High School	Patriots	11:47.31	0	
11:47.65	Spring Hill High School	Raiders	11:47.65	0	
12:10.81	Air Academy High School	Centurions	12:10.81	0	
12:20.10	Cherokee High School	Warriors	12:20.10	0	
12:27.91	Dunedin High School	Falcon Navy	12:27.91	0	
12:31.31	Seminole High School	Fighting Noles	12:31.31	0	
12:34.22	Green High School	Band of Bulldogs	12:34.22	0	
12:43.81	Smith-Cotton High School	Black Tigers	12:43.81	0	
12:44.78	Pemberton Township High School	Hornets	12:44.78	0	
12:54.19	Celebration High School	Storms	12:54.19	0	
12:54.45	South Paulding High School	Spartans	12:54.45	0	
13:06.78	Flagler Palm Coast High School	Bulldogs - Mixed	13:06.78	0	
13:10.23	Nixa High School	Screamin' Eagles	12:45.23	25	Not everyone carrying pole
13:18.29	Clarke Central High School	Steel Centurions	13:18.29	0	
13:25.41	Bob Jones High School	B-21 Bombers Wingman	13:25.41	0	
13:26.25	Cactus High School	Cobra Kai	13:26.25	0	
13:38.97	East Hamilton High School	Hurricanes	13:38.97	0	
13:56.53	McMichael High School	The Phoenix Power-Raiders	13:56.53	0	
14:11.90	East Aurora High School	Tomcats	14:11.90	0	
14:11.25	West Forsyth High School	Titans	14:11.25	0	
14:18.00	Ben C. Rain High School	Red Raiders	14:18.00	0	
14:18.87	The Philadelphia Military Academy	Mandalorians	14:18.87	0	
14:22.88	Phoenix STEM Military Academy	Firebirds	14:22.88	0	
14:39.00	Rockledge High School	Renegades	14:39.00	0	
14:40.78	Bogalusa High School	Lumberjacks	14:40.78	0	
16:30.81	Albany High School	Mixed Falcons	16:30.81	0	
16:30.97	Francis Lewis High School	United Fitness Team	16:30.97	0	
16:45.75	Wheeler & Walton High School	Wildcats	16:45.75	0	
18:40.87	Wekiva High School	Mustangs	18:40.87	0	
18:51.60	Downey High School	Mixed Vikings	18:51.60	0	
19:54.78	Michele Clark High School	Eagles	19:54.78	0	

2025 Fitness Challenge Championships

Standing Double Broad Jump Team Report

Mixed Division

TEAM TOTAL DISTANCE inches	SCHOOL	TEAM
2236.0	Air Academy High School	Centurions
2201.1	Richwoods High School	Knight Raiders
2147.4	Cherokee High School	Warriors
2129.5	Clarkrange High School	Buffaloes
2110.1	Kenwood High School	Knights
2100.1	Warren County High School	Pioneer Mix
2094.3	Brandeis High School	Praetorians
2093.3	Cactus High School	Cobra Kai
2074.3	Spring Hill High School	Raiders
2069.2	William J Brennan High School	Spartan Bears
2056.8	Walker High School	Devil Cats
2039.8	Flagler Palm Coast High School	Bulldogs - Mixed
2037.0	Ben C. Rain High School	Red Raiders
2027.8	Seminole High School	Fighting Noles
2027.2	Granbury High School	Pirate Nation
2026.6	Celebration High School	Storms
2020.5	Hanford High School	Falcons
2020.2	Clarke Central High School	Steel Centurions
2019.4	South Paulding High School	Spartans
2019.0	The Philadelphia Military Acad	Mandalorians
2018.3	Dr. Phillips High School	Panthers
2015.8	Mariner High School	Tritons
2015.1	Bob Jones High School	B-21 Bombers Wingman
2014.6	West Creek High School	Team Alpha
2013.0	Pinellas Park High School	Patriots
2000.0	McMichael High School	The Phoenix Power-Raiders
1993.9	Nixa High School	Screamin' Eagles
1992.0	Pemberton Township High Scho	Hornets
1991.8	Green High School	Band of Bulldogs
1964.9	Bogalusa High School	Lumberjacks
1961.4	Smith-Cotton High School	Black Tigers
1943.5	Albany High School	Mixed Falcons
1935.5	Downey High School	Mixed Vikings
1921.2	Phoenix STEM Military Academ	Firebirds
1916.7	Dunedin High School	Falcon Navy
1903.3	West Forsyth High School	Titans
1885.8	East Hamilton High School	Hurricanes
1883.4	Francis Lewis High School	United Fitness Team
1875.8	Wheeler & Walton High School	Wildcats
1818.8	Rockledge High School	Renegades
1808.3	East Aurora High School	Tomcats
1753.4	Michele Clark High School	Eagles
1749.4	Wekiva High School	Mustangs

2025 Fitness Challenge Championships

Seated Power Throw Team Score Report

Mixed Division

TEAM TOTAL DISTANCE inches	SCHOOL	TEAM
2504.6	Clarkrange High School	Buffaloes
2416.3	Brandeis High School	Praetorians
2395.5	Richwoods High School	Knight Raiders
2246.5	Warren County High School	Pioneer Mix
2228.8	Seminole High School	Fighting Noles
2212.3	Ben C. Rain High School	Red Raiders
2169.1	Celebration High School	Storms
2102.0	William J Brennan High School	Spartan Bears
2097.2	Spring Hill High School	Raiders
2086.0	West Creek High School	Team Alpha
2072.8	McMichael High School	The Phoenix Power-Raiders
2067.0	Green High School	Band of Bulldogs
2056.7	Air Academy High School	Centurions
2051.8	The Philadelphia Military Academ	Mandalorians
2050.2	Kenwood High School	Knights
2037.9	Mariner High School	Tritons
2012.4	Pemberton Township High Scho	Hornets
2009.3	Bob Jones High School	B-21 Bombers Wingman
2009.3	Clarke Central High School	Steel Centurions
2001.0	South Paulding High School	Spartans
1951.4	Granbury High School	Pirate Nation
1942.8	Walker High School	Devil Cats
1941.1	Pinellas Park High School	Patriots
1935.9	Dr. Phillips High School	Panthers
1925.1	Nixa High School	Screamin' Eagles
1913.7	Smith-Cotton High School	Black Tigers
1909.2	Cactus High School	Cobra Kai
1889.8	Francis Lewis High School	United Fitness Team
1881.6	East Hamilton High School	Hurricanes
1868.3	Hanford High School	Falcons
1866.2	Phoenix STEM Military Academ	Firebirds
1835.1	Bogalusa High School	Lumberjacks
1825.8	Michele Clark High School	Eagles
1821.5	Albany High School	Mixed Falcons
1796.0	Flagler Palm Coast High School	Bulldogs - Mixed
1793.2	East Aurora High School	Tomcats
1788.2	Wekiva High School	Mustangs
1764.3	Downey High School	Mixed Vikings
1763.2	Dunedin High School	Falcon Navy
1650.1	Rockledge High School	Renegades
1619.4	Cherokee High School	Warriors
1614.0	West Forsyth High School	Titans
1608.2	Wheeler & Walton High School	Wildcats

2025 Fitness Challenge Championships

Pull-Up / Flexed Arm Hang Score Report

Mixed Division

Combined Placement Total	School	Team	Total Pull-Ups	Pull-Ups Placement	Flex Arm Hang Total Seconds	Flex Arm Hang Placement
1	Spring Hill High School	Raiders	154	4	336	2
2	Air Academy High School	Centurions	141	7	288	3
3	Clarkrange High School	Buffaloes	171	3	260	8
4	Kenwood High School	Knights	188	1	230	11
5	Celebration High School	Storms	148	6	272	7
6	Warren County High School	Pioneer Mix	140	9	279	5
6	Walker High School	Devil Cats	151	5	259	9
8	Brandeis High School	Praetorians	135	11	286	4
9	Mariner High School	Tritons	126	14	276	6
9	Richwoods High School	Knight Raiders	188	1	201	19
11	West Creek High School	Team Alpha	141	7	220	15
11	William J Brennan High School	Spartan Bears	134	12	250	10
13	Flagler Palm Coast High School	Bulldogs - Mixed	91	25	368	1
14	Seminole High School	Fighting Noles	124	15	226	12
15	Cactus High School	Cobra Kai	120	16	223	14
15	Granbury High School	Pirate Nation	139	10	200	20
17	Bogalusa High School	Lumberjacks	95	20	225	13
18	Cherokee High School	Warriors	102	18	195	21
19	Pinellas Park High School	Patriots	132	13	169	27
20	Hanford High School	Falcons	99	19	183	23
21	East Hamilton High School	Hurricanes	86	28	210	16
22	Nixa High School	Screamin' Eagles	79	29	204	18
23	Green High School	Band of Bulldogs	76	31	206	17
24	Smith-Cotton High School	Black Tigers	103	17	158	32
25	McMichael High School	The Phoenix Power-Raiders	90	26	174	24
26	Francis Lewis High School	United Fitness Team	94	21	165	30
27	Dr. Phillips High School	Panthers	92	23	158	32
28	Ben C. Rain High School	Red Raiders	94	21	114	35
29	The Philadelphia Military Academy	Mandalorians	73	34	174	24
29	Bob Jones High School	B-21 Bombers Wingman	88	27	162	31
29	East Aurora High School	Tomcats	74	32	170	26
32	South Paulding High School	Spartans	92	23	112	36
33	Albany High School	Mixed Falcons	49	39	195	21
34	West Forsyth High School	Titans	69	35	169	27
35	Pemberton Township High School	Hornets	74	32	147	34
36	Clarke Central High School	Steel Centurions	78	30	102	37
37	Wheeler & Walton High School	Wildcats	48	40	166	29
38	Phoenix STEM Military Academy	Firebirds	66	36	78	39

Team total is derived as: The combined NUMBER of pull-ups done by the MALES is compared to the other teams males. The combined TIME of the Flexed Arm Hang competitors will be compared to all other teams females. The PLACEMENTS from EACH of these will be added to determining the final combined placement total. First tie breaker is the total NUMBER of Pull-ups added to the total SECONDS of flexed arm hang on the highest finishing individuals from the two tied teams.

2025 Fitness Challenge Championships

Pull-Up / Flexed Arm Hang Score Report

Mixed Division

Combined Placement Total	School	Team	Total Pull-Ups	Pull-Ups Placement	Flex Arm Hang Total Seconds	Flex Arm Hang Placement
39	Dunedin High School	Falcon Navy	59	38	87	38
40	Downey High School	Mixed Vikings	60	37	74	40
41	Rockledge High School	Renegades	44	41	64	42
41	Michele Clark High School	Eagles	39	42	71	41
43	Wekiva High School	Mustangs	32	43	39	43

Team total is derived as: The combined NUMBER of pull-ups done by the MALES is compared to the other teams males. The combined TIME of the Flexed Arm Hang competitors will be compared to all other teams females. The PLACEMENTS from EACH of these will be added to determining the final combined placement total. First tie breaker is the total NUMBER of Pull-ups added to the total SECONDS of flexed arm hang on the highest finishing individuals from the two tied teams.

(1) Placement determined by tie-breaker
 (2)