



2019 Stair Climb

Official Rules and Regulations

The Foundation stair climb event is a fundraiser for the SCSFA Foundation. The event will take place at 1201 Main Street, in the tallest office building in the state (25-story building). It is located in the center of downtown Columbia, overlooking S.C. Statehouse and within walking distance of Conference venues. The following are the rules and regulations for the event.

Registration

Eligibility

The event is open to anyone 18 years old or older. This includes civilian, military, or first responder.

Every participant must register online and complete and sign a waiver and all registration fees must be paid in full prior to start.

To guarantee correct t-shirt size and availability must complete registration form 3 weeks prior to event, Friday, June 7, 2019 by 5:00pm

Late registration is from June 8 to start of event (no guarantee on promotional item)

Participants are requested to solicit donations to support S.C. Firefighters Foundation, recognition will be given to the top three individual that collect the most funds.

South Carolina State Firefighters' Foundation Board has the right to refuse any participant for any cause

Participants are encouraging not to pass other participants during event but if you do please pass on the left side of stairwell and advise the person you are passing that you are passing on the left. If you are a slower climber, please keep to the right side of stairwell if someone is attempting to pass you please let them do so

Participants are **NOT** allowed to have food or drink in stairwells during event.



Participants must have one hand in contact with the railing and encouraged to not skip steps. Participants will return to the building's ground floor via the elevator system.

Timed competition

Competition will be the fastest individual to ascend all 25 floors.

Competition Groups will be broken down as follows:

Individual 18-yrs to 39-yrs (Male / Female)

 40-yrs and older (Male / Female)

First, Second and Third place winners for each group will be awarded

Timing will be conduct using the official timing system (Strictly Running)