

DAY 1

#1 FIRE TRUCK PULL

With a harness and rope, athletes will pull a Fire Engine (roughly 40,000lbs) over a course of 25m (82ft). The time taken to complete to course is recorded or the total distance covered if the athlete cannot complete the course in under 90 seconds.

#2 MAXIMUM LOG PRESS

Athletes will attempt to lift a log resting on tires and press it over their head in control. The log (11" diameter steel log) will start at 230lbs.

#3 YOKE WALK

Athletes will attempt to carry an 850lb yoke over a 25m course as fast as possible. They can put down the yolk as many times as possible. If they cannot complete the course in 75 seconds they will be credited for the distance carried.

#4 MEDLEY

Two athletes will go side by side and attempt to complete the following events in order;

- 1) Farmer's Walk 265lbs a hand for 15m
- 2) Sled Drag 600lbs for 10 m
- 3) Loading Load a fire hydrant, sandbag, and two kegs.

Each athlete has 120 seconds to complete the course. If they cannot they will be given credit for the last event completed.

DAY 2

#5 TYRE FLIP

Three athletes will go side by side and attempt to flip an 800lb tyre over a 20m course as fast as possible. If an athlete cannot complete to course in 90 seconds their distance covered will be recorded.

#6 CAR WHEELBARROW

Two athletes will go side by side and attempt to lift the back end of a vehicle and move it like a wheelbarrow over a 25m course as fast as possible. Athletes are allowed as many put downs as possible but the car cannot roll forward if they put it down. If they cannot complete the course in 90 seconds their distance will be measured.

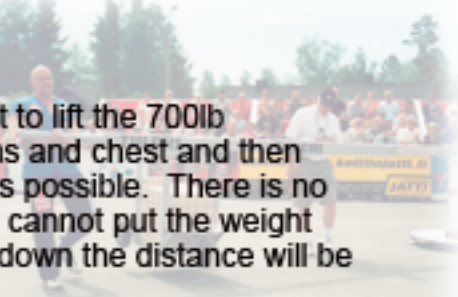
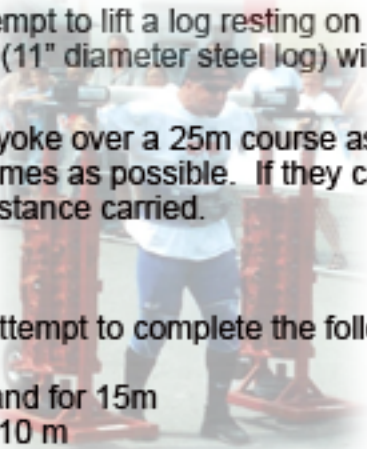
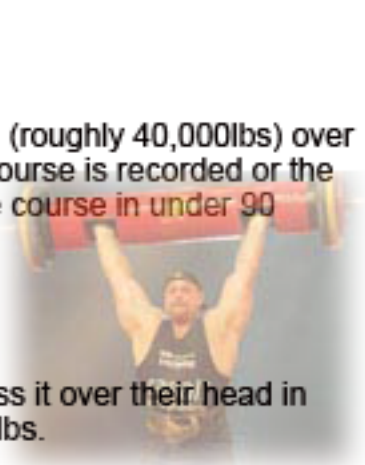
#7 CONAN'S WHEEL

Each athlete will attempt to lift the 700lb apparatus with their arms and chest and then move in a circle as far as possible. There is no time limit but the athlete cannot put the weight down. Once they put it down the distance will be measured.

To apply for registration contact saskatoonstrongman@hotmail.com



**Manitoba
Association of
Strength Athletics**



#8 ATLAS STONES

Two athletes will go head to head and attempt to load 6 stones onto a platform as quickly as possible. The stones will range from 240lbs to 380lbs and the platform will descend in height. Each athlete will have 90 seconds to load the stones. If they cannot load all the stones they will be given credit for the heaviest stone they loaded.