

2010 Saskatoon Exhibition STRONGMAN CHALLENGE

**Sunday, August 15 – Exhibition Grandstand
Prairieland Park, Saskatoon**

GENERAL INFORMATION

CONTEST DATE

Sunday, August 15, 2010

ELIGIBILITY

The competition is open to men over the age of 18

A maximum of 12 entries will be confirmed.

* preference will be given to the highest ranking athletes

CONTEST VENUE

All events will take place at Prairieland Park, Exhibition Grandstand
Ruth Street & Lorne Avenue, Saskatoon, Saskatchewan

DIRECTIONS

Take Ruth Street exit off Circle Drive South

COMPETITION SURFACE

The competition surface is asphalt.

APPLICATIONS - DEADLINE

Applications must be fully complete, signed and received by Friday, July 23, 2010

Applications received after July 24 are subject to a late fee of \$20

A waiting list will be established to replace athletes due to injury etc.

Notification of athlete withdrawal from competition is required by July 24.

ENTRY FEES

An application fee of \$50 is due for each athlete.

Fee will be returned if athlete is not selected.

Fees are not refundable if athlete withdraws from competition.

Entry Fees must be included with entry form for entry to be confirmed.

Credit Cards or cheques to be made payable to Saskatoon Prairieland Park will be accepted

Applications received after July 24 are subject to a late fee of \$20

ATHLETES WILL RECEIVE

Each athlete will receive an official Strongman Challenge t-shirt

Complimentary beverage station at competition site

Admission to the Saskatoon Exhibition (Sunday, August 15, 2010)

SANCTIONING BODY

S.S.A.F. – Saskatchewan Strength Athletes Federation

MEMBERSHIP

It is recommended that each competitor be a current member of a strength athlete federation.

CONTEST LEVEL

This is an OPEN competition. Preference will be given to the highest ranking athletes.
All applications will be reviewed by a selection committee.

STRONGMAN EVENTS (in no particular order)

1. TYRE FLIP – (365kg for 8 flips) – head to head
2. THICK DB OVERHEAD PRESS – for reps – clean every rep, 77kg and 55kg - head to head
3. SUV DEADLIFT – hold roughly 310 kg in the hands for time, head to head
4. SUPER MEDLEY – 100kg sandbag carry for 20m, frame carry 275 kg for 20m, head to head
5. ATLAS STONES – 105kg to 1.5m, 115kg to 1.4m, 132kg to 1.3m, 148kg to 1.2m, 166kg to 1.1m, and 182kg to 1m.

** events may be subject to change

AWARDS

A total of \$4,200 in prize money will be presented:

1 st Place	\$1,000
2 nd Place	800
3 rd Place	600
4 th Place	500
5 th Place	400
6 th Place	300
7 th Place	200
8 th Place	150
9 th Place	100
10 th to 12 th	50

An annual trophy will be presented to the 1st Place Winner
All winners will be listed on the competition website following the event

MANDATORY RULES MEETING/DINNER

6:00 pm, Saturday, August 14, 2010 (Saskatoon Travelodge Hotel)

Officials will review all rules and regulations

This is an opportunity for athletes to ask questions prior to competition start.

COMPETITION START TIME

Competition will start at 1:00 p.m. on Sunday and will be complete by 5:00 p.m.

COMPETITION ADMISSION

There is no admission charge to watch the Saskatoon Exhibition Strongman Challenge as admission to the Exhibition Grandstand is free.

There is a charge to enter the Saskatoon Exhibition.

This admission is as follows:

General Admission \$13.00 per day or \$20 for 2 day admission,

Students \$9.00 per day

Children 10 & under are FREE when accompanied by an adult (\$6.00 if unaccompanied)

In addition to contestant complimentary admission, each contestant will each receive an additional two complimentary daily General Admissions for their guest(s)

HOTEL ACCOMMODATION

1 night accommodation (Saturday) will be provided for any contestant that is more than 150 km from Saskatoon. This accommodation will be provided at the Saskatoon Travelodge Hotel, 106 Circle Drive West and will cover the cost of room and taxes only (all other room charges will be the responsibility of the contestant.)

Complimentary shuttle service may be available for competitors only.

OTHER

Complimentary physiotherapy and massage therapy will be provided to all athletes by:
Daniels Kimber Physiotherapy (adjacent to competition site)

Event Marketing/Sponsorship packages are available from:
Saskatoon Prairieland Park Corporation – Jason Hynd
www.saskatoonex.com or email: jhynd@saskatoonex.com
Ph: (306) 931-7149 or toll free 1-888-931-9333

QUESTIONS

Please direct all questions relating the event to: Saskatoon Prairieland Park
Email: jgerse@saskatoonex.com or call (306) 931-7149

All technical questions relating to the competition events and rules please contact:
saskatchewanstrongman@hotmail.com