



EVENT DESCRIPTIONS & COMPETITION RULES

CARRY AND LOAD MEDLEY

- Carrying, flipping and /or loading objects from one end of the competition area to the other (approx. 50ft)
- No straps allowed

DEAD LIFT LADDER

- Dead lift one weight and move to the next
- Four (4) weights in total; each weight is heavier than the one before
- Fastest time wins
- Straps and deadlifting suit are allowed



CONAN WALK

- Athletes lift a weight that is connected to a bar
- The athlete places the bar on his/her arms and walks around in a circle as many times as possible in one (1) minute
- If the weight touches the ground the athlete stops and cannot continue, and the distance is measured



ATLAS STONES

- Athletes lift each stone onto a box as fast they can
- If unable to complete the event, the time and number of stones lifted will be recorded
- Tacky and caulk are allowed



TRUCK PULL

- Athletes pull a truck as fast as they can for 50 feet
- The fastest time wins
- The distance will be taken into consideration if an athlete cannot complete the event

