

## **FARINGDON STRONGMAN/STRONGWOMAN COMPETITION - THE EVENTS**

Below is a brief description of each of the events that will be held on the day of the competition.

### **Farmer's Walk**



On the receipt of the word of command 'GO' competitors will pick up the Farmer's Walk implements and commence to carry them across the distance of 20m. Once the forward edge of the Farmer's Walk has crossed the finish line the time will stop. The competitors will have 75secs to complete the event. The quickest time will win the event and subsequent placings will be awarded according to their times or furthest distance covered. Should there be a tie in relation to the time then the points and position will be shared. Chalk, belts, knee wraps and elbow sleeves are permitted to be used.

### **Deadlift**



On the receipt of the word of command 'LIFT' competitors will deadlift from the floor a loaded Olympic bar, for as many repetitions as they can within a time limit of 75 seconds. A full repetition constitutes when the competitor lifts the bar with his hands from the floor, straightening their legs and following through with their hips (lockout) and then returning the bar to the floor. The referee will shout 'Good lift' when the competitor is at lockout, only then does the rep count. The most repetitions will determine the winner and subsequent placings will be awarded according to the number of reps lifted.

Touch and go repetitions will not be permitted. Chalk, lifting straps, belts and knee wraps are permitted to be used however no deadlift or squat suits.

### Car Pull



Competitors have a rear-attached harness connected to the rear of a vehicle. On the receipt of the word of command 'GO' competitors will begin to walk and pull the vehicle over a 20m course. The time limit for this event is 75 seconds. The fastest time to pull the vehicle will determine the winner and all subsequent placings will be in time order. Competitors who do not complete the course will have a measured distance and this will then determine their placing. Chalk, belts and knee wraps are permitted to be used.

### Load Carry



On the receipt of the word of command 'GO' competitors will lift, from the floor, an object and proceed to carry it over distances of 20m, 15m and 5m then load it onto the floor past the finish line. The competitor must then run back and pick up the next object. The competitors will do this 3 times in total and have a 75 second time limit to load all of the objects past the finish line. The quickest time to load all of the objects will determine the winner and subsequent placings will be awarded in time order. Competitors that fail to

load all of the sandbags/barrels in the allotted time will have their placing determined by the split time of the last sandbag/barrel loaded.

### **Tyre Flip**



On the receipt of the word of command 'LIFT' competitors will flip the tractor tyre from the floor as far as they can for a distance of up to 20m within a time limit of 90 seconds. The furthest distance will determine the winner and subsequent placings will be awarded according to the total distance covered. Chalk, lifting belts and knee wraps are permitted to be used.

### **EVENTS LIST**

- 1. Deadlift: An Olympic bar must be deadlifted for as many repetitions as possible in the 75 sec time limit. (No deadlift suits, no sumo deadlift) Straps ok**

Novice Female - 80kg

Novice Male - 150kg

- 2. Farmer's Walk: The Farmer's Walk must be carried over a distance of 20m in the quickest time possible within a 75 sec time limit.**

Novice Female - 50kg each hand

Novice Male – 87.5kg each hand

- 3. Load Carry Race: Three objects must be picked up, carried set distances (20,15,10m) and then placed over the finish line in the quickest time possible within the 75 sec time limit.**

Novice Female - 30,40,50kg

Novice Male - 40,65,80kg

- 4. Tyre flip: Tractor tyre must be flipped over as many times to cover the furthest distance (up to 20m) in 90 seconds.**

Novice Female – Small tractor tyre

Novice Male – Large tractor tyre

**5. Car Pull: Vehicle must be over a 20m course in the quickest time possible within 90 sec time limit.**

Novice Female – Car

Novice Male - Car

Please note events are subject to change at the discretion of the organisers and are weather dependent. In adverse weather conditions substitute events might be used. Changes will be circulated to all competitors prior to the event.