



STRONG WOMAN COMPETITION

DUNNVILLE MUDCAT FESTIVAL
 SATURDAY JUNE 10, 2017 · 12 NOON REGISTRATION
 · NEW LOCATION - FIRE STATION NO. 9
 TAMARAC ST. DUNNVILLE

COMPETITION CATEGORIES

MEN'S

INCLUDING TEEN'S
 AGES 14 - 18 YEARS

WEIGHT CATEGORIES **1** >220lbs **2** 220lbs +

EVENT			Starting Weight	
1	LONG PRESS Max Lift to Lock Out 12" Log	1	175lbs	⚡ All men start at 175lbs ⚡ 3 attempts only - after opening weight lifters choice
		2		
2	DEADLIFT MEDLEY Atlas Stones	1	180lbs	⚡ Best time to a limit of 3 minutes ⚡ One lift only
		2	250lbs	
	Axel Pull	1	300lbs	⚡ No tacky, no tape ⚡ Bar Height 54"
2	400lbs			
3	75FT MEDLEY Farmers	1	195lbs/Hand	
		2	245lbs/Hand	
	Tire Flip	1	450lbs	
2	700lbs			
Keg Carry	1	190lbs	50ft	
	2		75ft	
4	TRUCK PULL	1	80ft	
		2	90ft	

WOMEN'S

INCLUDING TEEN'S
 AGES 14 - 18 YEARS

WEIGHT CATEGORIES **1** >150lbs **2** 150lbs +

EVENT			Starting Weight	
1	LONG PRESS Max Lift to Lock Out 12" Log	1	TBA	⚡ All women start at ⚡ 3 attempts only - after opening weight lifters choice
		2		
2	DEADLIFT MEDLEY Atlas Stones	1	100lbs	⚡ Best time to a limit of 3 minutes ⚡ One lift only
		2	125lbs	
	Axel Pull	1	150lbs	⚡ No tacky, no tape ⚡ On to a barrel
2	180lbs			
3	75FT MEDLEY Farmers	1	80lbs/Hand	
		2	105lbs/Hand	
	Tire Flip	1	200lbs	
2	325lbs			
Keg Carry	1	90lbs	50ft	
	2		75ft	
4	TRUCK PULL	1	80ft	
		2	90ft	