

Sunflower Festival Strongman Competition

August 24, 2019 @ 10:00 am – 12:00pm

Weigh In: 9:00 am – 9:30 am at Flex Fitness (200 N. Franklin)

Rules Meeting at 9:45 am

First Event Starts at 10:00 am

Men's Weight Classes:

Lightweight (under 200)

Heavyweight (201 and up)

Women's Weight Classes:

Lightweight (under 140)

Heavyweight (141 and up)

Events to be held at Flex Fitness

1. Log Overhead Max

Competitors will have 60 seconds to attempt to clean and press overhead as much weight as possible. We will be running this event similar to a weightlifting meet. When you show up for weigh in; you will declare your opening attempt, which cannot be changed. We will then arrange all the competitors into flights based on their opening attempts regardless of division. After your first attempt, you have one minute to give your next weight to the scoring table. You'll get as many attempts as you like within that minute. If you miss, you can try the weight again or go up. You will not be allowed to go back down in weight. Three attempts max. You must have at least one good lift to get a score in this event.

The log can be strict pressed, push pressed, jerked, or put overhead any way possible. At lockout, elbows must be locked, head must be pushed through, feet must be parallel to each other, and lifter must show control at the top awaiting the judges down command. Once the judge gives the down command, the log needs to be lowered to the shoulders before being returned to the crash mat. Belts, wraps, sleeves on the knees or elbows, grip shirts, and chalk are allowed. No sticky substances will be allowed to be used on the log or on the athlete to assist in the lift.

2. Chain Hold

Competitors will attempt to hold a pair of log chains out at arm's length to the front for as long as possible. Your hands can start no higher than the top of your head and as soon as they get down below the tops of your shoulders then you're done. You must keep your butt and shoulders against a wall behind you the entire time to prevent excessive lean-back. A judge will be present at your side to ensure this is happening and if you lose contact with the wall you'll get one warning. If it happens again, the judge will stop the time. Elbows must remain locked the entire time. Chains cannot be pressed together to aid in the hold.

3. Stone Over Bar for Reps

Competitors will have 60 seconds to lift a stone over a bar for as many reps as possible. Stone will start on the ground and lifters hands will start on the cross bar. Tacky, grip shirts, etc. for this event is allowed. Competitors will get to choose what stone they want to use out of a small selection. One rep with a heavier stone beats any number of reps with a lighter stone. For example, one rep with a 200lb stone will beat 20 reps with a 164lb stone. The cross bar will be 52" high for men and 48" high for women.

4. Farmer's Carry

Competitors will carry the handles 100ft as quickly as possible. Handles will start completely behind the start/finish line and carried to the 50ft line. Only the front of the handles has to cross the 50ft line. Competitor will then drop, turn around, pick it up, and come back. Entire handles must cross start/finish line. Score in this event is how fast you can complete the course. If you can't complete the course, your score is based on distance carried. If you slide the handles in an attempt to gain distance instead of carrying it, there will be a 2 second penalty imposed on your time each time this happens. Belts, sleeves on the knees, and chalk are allowed.

5. Truck Pull

Competitors will pull a truck using a harness and hand rope style 100ft as quickly as possible. A "rope handler" will be provided during the event. Belts, sleeves, and chalk are allowed.

Prizes:

Will be awarded for top 3 places. Cash prize will be given for 1st place finishers.

***Weights for farmer's carry and stones are still being determined.**