

## Strongest Warrior Events Outline

### Humvee Pull/Jeep Pull:

- 40m course.
  - Pulled behind them to finish line.
  - 1.5" rope is used to pull with arms to assist the competitor in using the entire body
  - Timed event.
  - Best time wins.
  - Blacktop track – parade deck
  - Once HMMWV is in motion must stay in motion. If competitor does not complete course 0 points awarded.
  - Only use 1 HMMWV. Some vehicles are geared differently, which makes them more difficult to pull. Giving an unfair advantage to the other competitor.
- Equipment-** Harnesses, Rope, HMMWV (Men), M151 Jeep (Women), Driver, (2) 1.5" rope. Rigger w/ rope and carabineers recommended to tie knots from harness to vehicle

### Military Press for reps:

- 1 min. time limit.
  - Best number of repetitions wins.
  - 2 competitors will face off.
  - Bar will be lifted from rack to the shoulders and pressed overhead to full extension.
  - If 0 reps performed 0 points awarded.
- Equipment-**(2) Squat racks, (2)Olympic Bars, (4)45lb plates, (4)10lb plates, (4) spring collar locks. Men 135lb lift; Women 65lb lift

### Tire Flip:

- 10m course, preferably in a sandy area (more difficult).
  - performed in a sprint fashion with 2 competitors going at once.
  - Best time wins.
  - If course is not completed 0 points awarded.
- Equipment-**(3) 7 ton tires w/ rim to wheel for men, 7 ton tires w/ no rim to wheel for women, cones, chalk lines

### Farmers walk:

- 80m course (40m turn around 40m)
  - Best time wins.
  - Sprint fashion.
  - Competitors can set ammo cans down and reset themselves and continue on.
  - If course is not completed 0 points awarded.
  - The use of lifting straps is prohibited.
- Equipment-** (6) 125lb dumbbells (Men), (4) 70lb dumbbells (Women), cones, chalk lines

### Stone Carry:

- 1 Competitor will perform at a time.
  - Stone will be set on a base approximately waist high. Back of a pickup truck works well.
  - Course will be a 40m course.
  - Competitor may go as long as he/she can.
  - Referee will spot the stone where it first hits the ground when dropped.
  - Best distance wins.
  - 0 distance = 0 points.
  - The use of a sweatshirt or wrapping the arms is authorized to protect the arms from being ripped, torn or otherwise mangled.
  - Forklift is recommended for to retrieve stone each time.
- Equipment-** 140 stone for females, 244lb. stone for males.