



## Michael LaViola STRONGMAN CHALLENGE



### Event Description and Rules

**Overhead Press** – In this event, each athlete will have to clean a steel log once, and overhead press to full lockout as many times as possible in one minute. The most successful number of lifts in the allotted time wins.

- Jr. Varsity – 95lb Steel Log
- Varsity – 125lb Steel Log
- College/Adult (under 220lb) – 150lb Steel Log
- College/Adult (over 220lb) – 200lb Steel Log

**Death Medley** – This event consists of two events; the Backward Sled Pull into a High-Handle Prowler Push. Each athlete must move each implement 20 yards in the fastest time possible. If no athlete can complete the course, the best distance and time will win.

**Max Distance Sandbag Carry** – In this event, athletes will carry a heavy sandbag for maximum distance. The athlete who carries the sandbag the farthest wins.

- Jr. Varsity – 125lb Sandbag
- Varsity – 175lb Sandbag
- College/Adult (under 220lb) – 200lb Sandbag
- College/Adult (over 220lb) – 225lb Sandbag

*IN THE EVENT OF AN OVERALL TIE, THERE WILL BE A ONE EVENT SHOWDOWN TO DETERMINE THE WINNER. MAY THE STRONGEST COME AWAY VICTORIOUS!!!*