

# Strongman Schedule

## Friday August 30th - Novice Men and Women

Checkin for Athletes	10:30am
Log Press for Reps	12:00pm
Husafel Carry for Maximum Distance	1:00pm
Deadlift for Reps	1:00pm
Farmer's Walk	3:00pm
Keg Load Over Bar for Reps	4:00pm
Awards	5:00pm

## Saturday August 31st - Open Women

Checkin for Athletes	9:00am
Overhead Press Medley	10:30am
Silver Dollar Deadlift	11:30am
Seated Arm over Arm Pull	12:30pm
Farmer's Walk	1:30pm
Keg Carry Medley	2:30pm
Awards	3:30pm

## Sunday September 1st - Open Men

Checkin for Athletes	8:30am
Overhead Press Medley	10:00am
Silver Dollar Deadlift	11:30am
Arm over Arm Pull	1:00pm
Michelob Ultra Semi-Truck Pull	2:30pm
Car Walk	4:00pm
Awards	5:30pm