

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, Jeep, 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.

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) 5 ton tires attached to wheel for men, (32 tires w/ no 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, (4) 70lb dumbbells, 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.