

Toughest Competitor 2021

Event date: June 24, 2021

Time: 9:00am

Location: Free Chapel Church Parking lot, McEver Road

Divisions: Up to 200lbs, 201lbs and up, Female open, Masters open

General Information:

Competitors must present Police / Fire Identification

This event does not allow straps, belts or lifting suits. You may use stickem, chalk or other types of lifting rosin for grip enhancement.

Each competitor will complete each task back to back until completed or competitor cannot continue. Competitors may not stop progressing through the course for more than one minute. To clarify, you can stop to get breath, tie shoes etc. but you will be timed, once you stop progressing through the course that time cannot exceed one minute. You can stop multiple times. If total time stopped exceeds one minute you will not be allowed to finish course.

Up to 200 lbs.

25 Pushups

Farmers walk with Hex bar for 20 meters with 250lbs

Sprint

Seated truck pull for 20 meters with F-150 or similar

Sprint

Tire flip for 20 meters with approximately a 300lb tire

300-meter run

201lbs and up

25 Pushups

Farmers walk with Hex bar for 20 meters with 300lbs

Sprint

Seated Truck pull with F-150 or similar with additional 500lbs of weight

Sprint

Tire flip for 20 meters with a 555lb tire

300- meter run

Female – Open

20 Pushups

Farmers walk with Hex bar for 20 meters with 135lbs

Sprint

Seated Sled pull for 20 meters (160lbs)

Sprint

Tire flip (TBA)

300 Meter run

Masters Division- Age 40 and over. No weight class

25 Pushups

Farmers walk with Hex bar for 20 meters with 250lbs

Sprint

Seated truck pull for 20 meters with F-150 or similar

Sprint

Tire flip for 20 meters with approximately a 300lb tire

300-meter run