



**Strongman Competition Rules:**

**Axle press-** all sleeves and belts allowed. Chalk ONLY. The athlete will pick the bar from the floor and overhead press for reps. 60 second time limit

**Keg toss:** This is a last man standing event. Everyone starts at the same height and they have 3 attempts to clear each height. If they are unable to clear the bar, they are out. The winner is the person that throws the keg the highest.

**Last man standing deadlift-** all sleeves and belts allowed. Chalk ONLY. The athlete will have 60 seconds to complete as many reps as possible. No Tacky.

**Hercules hold:** This event is a lot of fun. There is a weight on each side of the athlete. They have to grab the handles on the weights and the weight is released. Then the athlete has to stand and hold the weight for as long as they can.

**Atlas stones-** all sleeves and belts allowed. Tacky allowed. The athlete will have 60 seconds to complete as many reps as possible. The bar height will be 48". If the athlete grabs the bar, the rep will not count.

**Weights:**

<b>Weight class</b>	LW women	HW women	LW Men	HW Men	Masters women	Masters men
Axle press	125	150	225	275	120	225
Keg toss	Empty keg	Empty keg				
Deadlift	185	185	185	185	185	185
Hercules hold	150	185	225	300	150	225
Atlas stones	125	150	245	300	125	245

The Strongest of the Strong at the Garfield County Fair & Rodeo is the second Strongman competition to be held at the Garfield County Fair & Rodeo. This year all proceeds will be going to Brent's Place.

Brent's Place is the only certified safe-clean complex for children suffering from illness. They house the child and their family with 3 meals per day at no cost to the family. Event Organizer, Greg Orosz had a family member with Leukemia, she and her family lived at Brent's Place for nearly 6 months before her passing. To help support the good work being done at Brent's Place all proceeds from this event are being donated to Brent's Place. T-shirts will be for sale and donation jars will be available at the event for those who wish to contribute.

Thank you to all who compete and donate to help Brent's Place.