

SteelTown Struggle

Morning Strongman 10:00am

1. **Tire Medley** : 1. Under 220lbs. **400-5pts, 600-25pts, 800lbs.-100pts.**(60 seconds)Tire, 2. 221lbs.++ **600-5pts, 800-25pts, 1,034lbs.-100pts**

Women: 1. Under 150lbs. **300-5pts, 400-25pts, 600lbs.-100pts.**

2. **Axil Clean n Press** 1. Under 220lbs. **200lbs.** 2. Over221lbs. **240lbs.**

Women: 1. **110lbs.**

3. **Atlas Stones:** 1. Under 220lbs.-**190lbs, 240, 275lbs.** 2. 221+lbs **240, 300, 350lbs.**

**** Females:** 1. **130,145, 160lbs.**

4. **Farmers n SandBag:** 1. Under 220lbs. **400lbs. n 200lbs** 221lbs.+ **600lbs. n 300lbs.**

Women: **260lbs. 100lbs.**

5. **Circus Dumbell (1 Minute):** 1. Under 220- **90lbs.** 2.221lbs+ **125lbs.** **** Women: 50lbs.**

6. **Square Grip (Max 4 Lifts):** 1. **All Weight Classes Opening weight 100lbs.**

Women: 1. **All Weight Classes open 45lbs.**

Afternoon IronFit 1:30pm

1. **Medley** 1. 7 Tire flips **400lbs. Women: 300lbs.** 2. Prowler **240lbs. Women 200lbs.** 3. Kegs: (4 trips and all standing) **1/4, 1/2, ¾, Full. Women:1/4, 1/4, ½ ,1/2.**

2. **Bridge Brigade** Men and Women same on this event. 1. South Ave Bridge, 2. 6 slider plank walks 3. 30-Op Hand Pull Ups Women 10 or 20 w band 4. 30-24" Tire Burpees (19" Tire) 5. Federal St. Bridge

3. **Air Squats, Hand Release Push Ups and Slams** 9 minutes continuous clock

4. **Rig** for distance

\$50 for Strongman \$40 for IronFit and \$75 for both (Military and Vets \$17.76) **Enter before May 4 save \$10 and you are guaranteed a shirt!!**

Prize money and weight classes dependent on entries.