**PRESSING EVENTS**

**Max Log Clean and Press**

* 3 attempts.
* There may be a 60 second time limit to complete the lift.
* Wessels Rule may be in effect.
* 8” to 12” diameter log with handles set 24” to 29” apart.
* Athlete may press, push press, push jerk or split jerk the log overhead to the locked out
* position.
* Athlete must wait for the “good” down signal before lowering the log.
* The athlete must lower the log under control. No deliberate dropping of the log will be
* permitted. The athlete may forfeit his attempt in doing so.
* Good Lift: Log locked out under control overhead with arms straight, head through, legs and feet parallel and stationary.
* Equipment allowed: Belt, chalk, wrist wraps, elbow sleeves, knee wraps or sleeves.
* Equipment NOT allowed: Any item placed within the belt to provide a “shelf”. Back of belt built up to no more than 8” wide. Tacky, elbow wraps.
* Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This is solely the responsibility of the athlete.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
| Parker Wisman-Raven | Teen | LWW0-140 | 7/20/2019 | Teen Nationals | 100 | 1 |
| Hailey Stein | Teen | MWW140-180 | 7/20/2019 | Teen Nationals | 130 | 1 |
| Dalia Hannosh | Teen | HWW180+ | 7/20/2019 | Teen Nationals | 150 | 1 |
| Sandy Caruco | Masters | LWW160 | 8/14/2021 | Brute Summer Showdown, VA | 140 | 1 |
| Shanna Thompson | Masters | HWW160+ | 9/14/2012 | Masters Nationals (IN) | 210 | 1 |
| Brittany Barnes | Open | LWW0-140 | 4/28/2018 | TX Record Breakers | 196.8 | 1 |
| Cassandra Moore | Open | MWW140-180 | 10/15/21 | Nationals (Salem, VA) | 225 | 1 |
| Shaina Vales, Colleen Meredith  | Open | HWW180+ | 10/15/21 |  Nationals (Salem, VA) | 235 | 1 |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
| Inez Carrasquillo | Pro  | HWW180+ | 7/8/2023 | Rainier Classic Pro/Am | 321.4 | 1 |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
| Sebastian Kluger | Teen | LW0-175 | 7/20/2019 | Teen Nationals | 220 | 1 |
| Noah Norooz | Teen | MW175-231 | 12/20/2008 | Hope for the Holidays | 260 | 1 |
| Andrew Clayton | Teen | HW231+ | 9/7/2012 | Police/Fire/Military Nationals | 335 | 1 |
| Marc Bevins | Masters | LW0-231 | 9/14/2012 | Masters Nationals (IN) | 300 | 1 |
| Eric Patterson | Masters | HW231+ | 10/25/2014 | Phoenix, AZ | 365 | 1 |
| Quint Zambon | Open | LW0-175 | 3/7/2015 | Columbus, OH (Arnold) | 305 | 1 |
| Tyler Young | Open | MW175-231 | 10/15/21 | Nationals (Salem, VA) | 375 | 1 |
| Jack Plankers | Open | HW231+ | 10/15/21 | Nationals (Salem, VA) | 415 | 1 |
| Rob Kearney | Pro  | LW0-231 | 10/31/2015 | ASM (Atlanta, GA) | 410 | 1 |
| R. Oberst, D. Savatinov, Bobby Thompson | Pro  | HW231+ | 10/25/201412/16/22 | Phoenix, AZASM (Las Vegas) | 460460 | 1 |

## LOG CLEAN AND PRESS: (Clean once/ press for reps)

* One attempt, Clean once and press for reps.
* There may be a 60 second time limit.
* 8” to 12” Log with handles set 24” to 29” apart.
* Athlete may press, push press, push jerk or split jerk the log overhead to a locked out position.
* Athlete must wait for the “Good” down signal to get a good lift and continue with the

next rep.

* The athlete must lower the log under control. No deliberate dropping of the log will be permitted. The athlete may forfeit his attempt in doing so.
* Good Lift: Log locked out under control overhead with arms straight, head thru, legs and feet parallel and stationary.
* Equipment allowed: Belt, chalk, wrist wraps, elbow sleeves, knee wraps or sleeves.
* Equipment NOT allowed: Any item placed within the belt to provide a “shelf”. Back of belt built up to no more than 8” wide. Tacky, elbow wraps.
* Any and all anatomical limitations preventing a lockout as described above must be

demonstrated to the judges prior to the start of the event. This is solely the responsibility of the athlete.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
| Rachael Pyron | Open | LWW0-140 | 8/16/2013 | Record Breakers | 120 | 15 |
|  | Open | MWW140-180 |  |  |  |  |
| Sharon Moss | Open | HWW180+ | 8/14/2021 | Ohio Record Setter | 160 | 10 |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
| Brad Berlin | Teen | HW231+ | 5/31/2008 | Rose Festival Strongman | 180 | 9 |
| Jon Roeder | Masters | LW0-231 | 8/14/2021 | Ohio Record Setter | 210 | 7 |
| Jes Reeve | Masters | HW231+ | 8/14/2021 | Ohio Record Setter | 250 | 8 |
| Jaycob Burns | Open | LW0-175 | 8/14/2021 | Ohio Record Setter | 210 | 1 |
| Jack Spencer | Open | MW175-231 | 8/14/2021 | Ohio Record Setter | 250 | 1 |
| Dan Cordle | Open | HW231+ | 8/14/2021 | Ohio Record Setter | 290 | 1 |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

## LOG CLEAN AND PRESS: (Clean and Press each rep)

* One attempt, Clean and Press each rep.
* There may be a 60 second time limit.
* 12” Log with handles set 24” to 29” apart.
* Athlete may press, push press, push jerk or split jerk the log overhead to a locked out position.
* Athlete must wait for the “Good” down signal to get credit and continue with the next rep.
* The athlete must lower the log under control. No deliberate dropping of the log will be permitted. The athlete may forfeit his attempt in doing so.
* Good Lift: Log locked out under control overhead with arms straight, head thru, legs
* and feet parallel and stationary.
* Equipment allowed: Belt, chalk, wrist wraps, elbow sleeves, knee wraps or sleeves.
* Equipment NOT allowed: Any item placed within the belt to provide a “shelf”. Back of

belt built up to no more than 8” wide. Tacky, elbow wraps.

* Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This is solely the responsibility of the athlete.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
| Daphne Zhang | Open | LWW0-140 | 3/6/2020 | The Arnold, Columbus, OH | 150 | 9 |
| Melissa Peacock | Open | MWW140-180 | 3/6/2020 | The Arnold, Columbus, OH | 180 | 10 |
| Emily Pernice | Open | HWW180+ | 3/6/2020 | The Arnold, Columbus, OH | 220 | 3 |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
| Mike Rogowski | Teen | MW175-231 | 6/3/2004 | IL Strongman Record Breakers | 150 | 9 |
|  | Teen | HW231+ |  |  |  |  |
| Dave Laing | Masters | LW0-231 | 6/3/2004 | IL Strongman Record Breakers | 210 | 7 |
| Tom Mitchell | Masters | HW231+ | 3/13/2004 | Maxi Flex Strongman Showdown | 245 | 4 |
| Richie Stout | Open | LW0-175 | 3/4/2016 | The Arnold, Columbus, OH | 270 | 5 |
| Bryan Barrett, Marcin Sendwicki | Open | MW175-231 | 3/4/2016 | The Arnold, Columbus, OH | 300 | 7 |
| Tyler Cotton | Open | HW231+ | 3/6/2020 | The Arnold, Columbus, OH | 340 | 7 |
| Jared SpybrookBeau Gertz | Pro  | LW0-231 | 7/1/2007 | Philadelphia, PA | 280 | 3 |
| Derek Poundstone | Pro  | HW231+ | 6/26/2007 | Charlotte, NC | 285 | 13 |

**2” MAX AXLE CLEAN & PRESS**

* There may be a 60 second time limit.
* 3 attempts
* Wessels Rule may be in effect.
* Axle must be from Ironmind.
* The Axle will start from the floor and must be cleaned to the shoulders, then
* pressed, push pressed, push jerked or split jerked overhead to a locked out position.
* The athlete may clean or continental the bar to the shoulders however NO resting of the bar on the belt or similar object will be allowed.
* The Athlete must wait for the “good” down signal before lowering the Axle.
* “Good ” signal: Axle locked out overhead with arms straight, head thru, legs and feet parallel and stationary.
* The athlete must lower the Axle under control. No deliberate dropping of the axle will be tolerated. The athlete may forfeit his attempt in doing so.
* Equipment Allowed: Chalk, belt, wrist wraps, elbow sleeves, Knee sleeves or wraps.
* Equipment NOT Allowed: Any item placed within the belt to provide a “shelf”, back of belt built up more than 8”, tacky, elbow wraps.
* Any and all anatomical limitations preventing a lockout as described above must be
* demonstrated to the judges prior to the start of the event. This solely the responsibility of the athlete.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
| Stacy Bentley | Masters | LWW160 | 11/15/2014 | Gorilla Warfare, OH | 140 | 1 |
|  | Masters | HWW160+ |  |  |  |  |
| Jessica Garcia, Nadia Morrison | Open | LWW0-140 | 10/14/2022 | Nationals (USA) | 198 | 1 |
| Dani Vaji | Open | MWW140-180 | 11/3/2018 | TX Record Breakers | 258 | 1 |
| Angelica Jardine | Open | HWW180+ | 10/14/2022 | Nationals (USA) | 242 | 1 |
| Carlee Olivera | Pro  | LWW0-140 | 5/22/2021 | Iron Warrior Pro/Am, IN | 205 | 1 |
| Gabriele Burgholzer | Pro  | MWW140-180 | 5/22/2021 | Iron Warrior Pro/Am, IN | 225 | 1 |
| Monica Johnson | Pro  | HWW180+ | 5/22/2021 | Iron Warrior Pro/Am, IN | 215 | 1 |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
| Patrick Gilroy | Teen | MW175-231 | 12/4/2010 | Republic of TX Strongest Man | 235 | 1 |
| Andrew Clayton | Teen | HW231+ | 9/7/2012 | P/F/M Nationals | 410 | 1 |
| Marc Bevins | Masters | LW0-231 | 6/21/2014 | GA Strongest Man | 335 | 1 |
| Chad Woodall | Masters | HW231+ | 6/21/2014 | GA Strongest Man | 315 | 1 |
| Kennell Brown | Open | LW0-175 | 10/14/2022 | Nationals (USA) | 292 | 1 |
| Garrett Payne, Chase Bradley, Tyler Pruitt | Open | MW175-231 | 10/14/2022 | Nationals (USA) | 377 | 1 |
| Lucas Hatton | Open | HW231+ | 10/14/2022 | Nationals (USA) | 445 | 1 |
|  | Pro  | LW0-231 |  |  |  |  |
| Scott Weech | Pro  | HW231+ | 9/7/2012 | P/F/M Nationals | 460 | 1 |

## 2 *”* AXLE CLEAN AND PRESS (Clean Once/ Press for Reps)

* One attempt, Clean once and press for reps.
* There may be a 60 second time limit.
* Axle diameters from 1.9” to 2.5” may be used.
* The Axle will start from the floor and must be cleaned to the shoulders, then pressed, push pressed, push jerked or split jerked overhead to a locked out position.
* The athlete may clean or continental the bar to the shoulders however NO resting of
* the bar on the belt or similar object will be allowed.
* The Athlete must wait for the “good” down signal before lowering the Axle.
* “Good ” signal: Axle locked out overhead with arms straight, head thru, legs and feet

parallel and stationary.

* The Axle must touch the chest or have the axle below the chin before proceeding to lockout.
* The athlete must lower the Axle under control. No deliberate dropping of the axle will be tolerated. The athlete may forfeit his attempt in doing so.
* Equipment Allowed: Chalk, belt, wrist wraps, elbow sleeves, Knee sleeves or wraps.
* Equipment NOT Allowed: Any item placed within the belt to provide a “shelf”, back of belt built up more than 8”, tacky, elbow wraps.
* Any and all anatomical limitations preventing a lockout as described above must be

demonstrated to the judges prior to the start of the event. This solely the responsibility of the athlete.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
| Stephanie Tropea, Rachel Pyron | Open | LWW0-140 | 10/13/13 | Nationals | 135 | 11 |
|  | Open | MWW140-180 |  |  |  |  |
| Kristin Rhodes | Open | HWW180+ | 10/13/13 | Nationals | 185 | 16 |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
| Andrew Clayton | Teen | HW231+ | 9/7/12 | PFM Nats | 160 | 9 |
|  | Masters | LW0-231 |  |  |  |  |
|  | Masters | HW231+ |  |  |  |  |
| Tom Incledon, Kirk Nowack, Joe Decaminada, Rob Orlando | Open | LW0-175 | 10/5/02 | Nationals  | 200 | 19 reps |
|  | Open | MW175-231 |  |  |  |  |
| Carlos Amantea | Open | HW231+ | 10/5/02 | Nationals  | 240 | 16 reps |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

## 2 *”* AXLE CLEAN AND PRESS (Clean and Press each rep)

* One attempt, Clean and Press each rep.
* There may be a 60 second time limit.
* Axle must be made from Ironmind
* The Axle will start from the floor and must be cleaned to the shoulders, then pressed, push pressed, push jerked or split jerked overhead to a locked out position.
* The athlete may clean or continental the bar to the shoulders however NO resting of the bar on the belt or similar object will be allowed.
* The Athlete must wait for the “good” down signal before lowering the Axle.
* “Good ” signal: Axle locked out overhead with arms straight, head thru, legs and feet parallel and stationary.
* The Axle must touch the chest or have the axle below the chin before proceeding to

lockout.

* The athlete must lower the Axle under control. No deliberate dropping of the axle will be tolerated. The athlete may forfeit his attempt in doing so.
* Equipment Allowed: Chalk, belt, wrist wraps, elbow sleeves, Knee sleeves or wraps.
* Equipment NOT Allowed: Any item placed within the belt to provide a “shelf”, back of belt built up more than 8”, tacky, elbow wraps.
* Any and all anatomical limitations preventing a lockout as described above must be demonstrated to the judges prior to the start of the event. This solely the

responsibility of the athlete.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
| Erin Walterman | Open | LWW0-140 | 11/19/10 | Nationals | 100 | 11 |
| Kimberly Baum | Open | MWW140-180 | 6/1/12 | Power Corps 4 | 120 | 12 |
| Melissa Garrett, Kristin Rhodes | Open | HWW180+ | 11/19/10 | Nationals | 160 | 8 |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
|  | Teen | HW231+ |  |  |  |  |
|  | Masters | LW0-231 |  |  |  |  |
|  | Masters | HW231+ |  |  |  |  |
| Adam Lane, Zack Nims | Open | LW0-175 | 11/20/10 | Nationals | 250 | 9 |
|  | Open | MW175-231 |  |  |  |  |
| Eric Peterson  | Open | HW231+ | 11/20/10 | Nationals | 300 | 8 |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

**MAX GIANT DUMBBELL**

* For Max weight.
* 3 attempts.
* There may be a 60 second time limit to complete the lift.
* Wessels Rule may be in effect.
* The dumbbell must be a 13” for HW or 10” for LW, women and 175# class. They

must be either Slater DB, Bigg Dogg, or Aaron West.

* Giant dumbbell taken from the floor.
* Two hands are allowed to clean the dumbbell to the shoulder, but only one hand is allowed to press the dumbbell Overhead. The other hand must not come into contact with any part of the lifting arm/ hand/ or dumbbell during the press.
* Athlete may press, push press, or push jerk the dumbbell overhead to lockout.
* The athlete must wait for the judges “good” signal before lowering the dumbbell to the floor.
* The athlete must lower the dumbbell under control back to the floor.
* Good Lift: The athlete grips the dumbbell with either the left or right hand and cleans

the wt to the shoulder, then proceed to lockout the dumbbell overhead. The arm must locked out with the wt under control. Legs and feet must be stationary.

* Equipment allowed: Belt, chalk, knee wraps, wrist wraps, elbow sleeves.
* Equipment NOT allowed: Tacky, elbow wraps, lifting straps or hooks.
* Any and all anatomical limitations preventing lockout as described above must be demonstrated to the judge prior to the start of the event. This is solely the responsibility of the athlete.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
| Diana Juarez Ferrer | Open | LWW0-140 | 3/5/2023 | Arnold Amateur Worlds | 138 | 1 |
| Deanna Marina Flores, Christina Bangma, Sarah Lanzillo, Jessica Theaker | Open | MWW140-180 | 3/5/2023 | Arnold Amateur Worlds | 130 | 1 |
| Erin Murray | Open | HWW180+ | 3/5/2023 | Arnold Amateur Worlds | 154 | 1 |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
|  | Teen | HW231+ |  |  |  |  |
| Jacob Willing | Masters | LW0-231 | 4/28/2018 | TX Record Breakers | 200 | 1 |
| Shaun Cross | Masters | HW231+ | 2/10/12 | PA Dutch  | 150 | 1 |
| Josh Kowalewski | Open | LW0-175 | 3/5/2023 | Arnold Amateur Worlds | 209 | 1 |
| Cole Booth | Open | MW175-231 | 4/28/2018 | TX Record Breakers | 210 | 1 |
| Lucas Hatton | Open | HW231+ | 3/5/2023 | Arnold Amateur Worlds | 276 | 1 |
| Nicolas Cambi | Pro  | LW0-231 | 10/1/2022 | ASM 105kg | 285 | 1 |
|  | Pro  | HW231+ |  |  |  |  |

## GIANT DUMBBELL CLEAN AND PRESS FOR REPS

-For most repetitions.

-A 60second time limit per attempt.

-Giant dumbbell taken from the floor.

-Two hands are allowed to clean the dumbbell to the shoulder, but only one hand is allowed to press the dumbbell Overhead. The other hand must not come into contact with any part of the lifting arm/ hand/ or dumbbell during the press.

-Athlete may press, push press, or push jerk the dumbbell overhead to lockout.

-The athlete must wait for the judges “good” signal before lowering the dumbbell to the floor.

-The athlete must lower the dumbbell under control back to the floor.

-Good Lift: The athlete grips the dumbbell with either the left or right hand and cleans the wt to the shoulder, then proceed to lockout the dumbbell overhead. The arm must locked out with the wt under control. Legs and feet must be stationary.

-Equipment allowed: Belt, chalk, knee wraps, wrist wraps, elbow sleeves.

-Equipment NOT allowed: Tacky, elbow wraps, lifting straps or hooks.

-Any and all anatomical limitations preventing lockout as described above must be demonstrated to the judge prior to the start of the event. This is solely the responsibility of the athlete.

The dumbbell must be a 13” for HW or 10” for LW, women and 175# class. They must be either Slater DB, Bigg Dogg, or Aaron West.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
| Alana Casey | Open | LWW0-140 | 4/28/12 | Europa Orlando | 80 | 13 |
|  | Open | MWW140-180 |  |  |  |  |
| Kristin Rhodes | Open | HWW180+ | 2014 | Arnold Classic | 120  | 6 |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
| Andrew Clayton | Teen | HW231+ | 9/7/12 | PFM Nationals | 160 | 9 |
|  | Masters | LW0-231 |  |  |  |  |
| Mike Schumaker | Masters | HW 231+ | 9/7/12 | PFM Nats | 140 | 4 |
| Michael Sidwell | Open | LW0-175 | 4/28/12 | Europa Orlando | 150 | 3 |
| Matt Mills  | Open | MW175-231 | 4/28/12 | Europa Orlando | 175 | 5 |
| Chad Robison, Alan Colley | Open | HW231+ | 4/28/12 | Europa Orlando | 200 | 7 |
|  | Pro  | LW0-231 |  |  |  |  |
| Mike Jenkins | Pro  | HW231+ | 2012 | Arnold Classic | 255 | 7 |

## MAX BARBELL PRESS (FROM RACK)

* For Max weight.
* 3 attempts.
* A 60 second time limit per attempt.
* Wessels Rule may be in effect.
* Standard Olympic Bar taken from a power rack or uprights.
* The bar must start from the front of the body below the chin.
* Athlete may press, push press, push jerk, split jerk the bar overhead.
* The athlete must wait for the judges “good” signal before lowering the weight.
* The athlete must lower the bar under control and place the wt in the rack/ uprights.
* Good Lift: Bar must be locked out overhead, under control, with the arms straight and

legs/ feet stationary and parallel.

* Equipment allowed: Belt, chalk, knee wraps, wrist wraps, elbow sleeves.
* Equipment NOT allowed: Tacky, elbow wraps, any artificial support to rest the bar.
* Any and all anatomical limitations preventing lockout as described above must be demonstrated to the judge prior to the start of the event. This is solely the responsibility of the athlete.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
| Heather Burgin | Masters | HWW160+ | 1/18/2020 | VA State Championship | 155 | 1 |
| Seya Hackl | Open | LWW0-140 | 3/28/04 | Denver’s Strongest | 155 | 1 |
| Jessica Mitchell | Open | MWW140-180 | 1/18/2020 | VA State Championship | 190 | 1 |
| Laurie Middlesworth | Open | HWW180+ | 1/18/2020 | VA State Championship | 210 | 1 |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
| Aaron Albright | Teen | LW0-175 | 1/18/2020 | VA State Championship | 220 | 1 |
| Will Simpson | Teen | MW175-231 | 1/18/2020 | VA State Championship | 200 | 1 |
| Kawailani Moku | Teen | HW231+ | 11/15/14 | Gorilla Warfare | 280 | 1 |
| Louis Governatore | Masters | LW0-231 | 11/15/14 | Gorilla Warfare | 290 | 1 |
| Anthony Davie | Masters | HW231+ | 1/18/2020 | VA State Championship | 350 | 1 |
| Quint Zambon | Open | LW0-175 | 11/15/14 | Gorilla Warfare | 280 | 1 |
| Cody Monger, Joseph Tedrow, Andrew Pepiot | Open | MW175-231 | 1/18/2020 | VA State Championship | 320 | 1 |
| Eric Small | Open | HW231+ | 6/1/12 | Power Corps 4 | 425 | 1 |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

# **DEADLIFT EVENTS**

## MAX DEADLIFT, STANDARD

* 3 attempts for max weight.
* Wessels Rule may be in effect.
* There may be a 60 second time limit.
* Standard Olympic bar OR Deadlift bar should be used.
* Conventional stance only. NO SUMO Allowed
* Hitching is allowed.
* Good Lift: Athlete must lift the barbell to a standing position with head up, shoulders back, legs and feet in line. Once the signal is given for the lift the athlete must return the bar to the floor under control. NO DROPPING OF THE BAR WILL BE ALLOWED.
* The athlete may put baby powder or water on the legs to reduce friction however the athlete should clean the bar after his attempt and before the next competitor.
* Vaseline, baby oil, or similar product may NOT be used on the legs to reduce friction.
* Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, Lifting Straps.
* Equipment NOT Allowed: Tacky or similar product. Lifting hooks. Supportive suits.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
| Rachel Stone and Victoria Utt | Teen | LWW0-140 | 7/21/2018 | Teen Nationals | 315 | 1 |
| Grace Stire | Teen | MWW140-180 | 7/21/2018 | Teen Nationals | 275 | 1 |
| Kaitlyn Tennant | Teen | HWW180+ | 7/21/2018 | Teen Nationals | 395 | 1 |
| Jennie Radovsky | Masters | LWW160 | 1/18/2020 | VA State Championship | 300 | 1 |
| Heather Burgin | Masters | HWW160+ | 1/18/2020 | VA State Championship | 305 | 1 |
| Tasha Whelan | Open | LWW0-140 | 10/17/2020 | Nationals | 465 | 1 |
| Nadia Stowers | Open | MWW140-180 | 10/17/2020 |  Nationals | 553 | 1 |
| Victoria Long | Open | HWW180+ | 10/17/2020 |  Nationals | 553 | 1 |
|  | Pro  | LWW0-140 |  |  |  |  |
| Liefia Ingalls | Pro  | MWW140-180 | 7/8/2017 | America’s Strongest Viking | 465 | 1 |
| Brooke Sousa | Pro  | HWW180+ | 7/8/2017 | America’s Strongest Viking | 485 | 1 |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
| Larry Zapotocky and Jackson Thomas | Teen | LW0-175 | 7/21/2018 | Teen Nationals | 455 | 1 |
| Patrick Gilroy | Teen | MW175-231 | 2009 | TX Strongest Man | 500 | 1 |
| Nolan Toti | Teen | HW231+ | 7/21/2018 | Teen Nationals | 635 | 1 |
| Mike Tumminello | Masters | LW0-231 | 12/15/2012 | Hope for the Holidays | 700 | 1 |
| Randy Cole | Masters | HW231+ | 1/18/2020 | VA State Championship | 675 | 1 |
| Nick Gagnon | Open | LW0-175 | 10/17/2020 | Nationals | 652 | 1 |
| Frank Provenzano, Chad Kurian, Anthony San Lorenzo | Open | MW175-231 | 10/17/2020 | Nationals | 763 | 1 |
| Jerry Pritchett | Open | HW231+ | 12/3/2016 | Bill Kazmaier Classic | 940 | 1 |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

## STANDARD DEADLIFT: FOR REPETITIONS

* 1 attempt for repetitions.
* There may be a 60 second time limit.
* Standard Olympic bar should be used.
* Conventional stance ONLY allowed.
* Hitching is allowed.
* Weights must touch the floor before the athlete may proceed to the next rep.
* Good Lift: Athlete must lift the barbell to a standing position with head up, shoulders back, legs and feet in line. Once the signal is given for the lift the athlete must return the bar to the floor under control. NO DROPPING OF THE BAR WILL BE ALLOWED.
* The athlete may put baby powder or water on the legs to reduce friction however the athlete should clean the bar after his attempt and before the next competitor.
* Vaseline, baby oil, or similar product may NOT be used on the legs to reduce friction.
* Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, Lifting Straps,
* Equipment NOT Allowed: Tacky or similar product. Lifting hooks.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
|  | Open | MWW140-180 |  |  |  |  |
|  | Open | HWW180+ |  |  |  |  |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
| Brandon Maciejeski | Teen | MW175-231 | 11/18/2011 | TSM Push/Pull Record Breakers | 405 | 18 |
| Colt Swanson | Teen | HW231+ | 11/18/2011 | TSM Push/Pull Record Breakers | 405 | 14 |
| Scott Sietsema | Masters | LW0-231 | 4/9/2005 | Chicago’s Strongest Man | 475 | 15 |
| Scott Buxton  | Masters | HW231+ | 4/26/2003 | Azalea Festival, VA | 500 | 15 |
|  | Open | LW0-175 |  |  |  |  |
| Kirk NowakJoe Decaminada | Open | MW175-231 | 10/5/2002 | Nationals, MO | 400 | 26 |
| Jon Anderson | Open | HW231+ | 4/26/2003 | Azalea Festival, VA | 500 | 21 |
|  | Pro  | LW0-231 |  |  |  |  |
| Ryan Bracewell | Pro  | HW231+ | 11/18/2011 | TSM Push/Pull Record Breakers | 705 | 8 |

## 18 *”* DEAD LIFT: FOR MAX

* 3 attempts for max weight.
* Wessels Rule may be in effect.
* There may be a 60 second time limit.
* Standard Olympic bar should be used.
* Bar set in a power rack or set on boxes to have the bottom of the bar 18” to the floor.
* Conventional stance ONLY allowed. Hands must be outside of knees throughout the lift.
* Hitching is allowed.
* Good Lift: Athlete must lift the barbell to a standing position with head up, shoulders back, legs and feet in line. Once the signal is given for the lift the athlete must return the bar to the rack/ pins or boxes under control. NO DROPPING OF THE BAR WILL BE ALLOWED.
* The athlete may put baby powder or water on the legs to reduce friction however the athlete should clean the bar after his attempt and before the next competitor.
* Vaseline, baby oil, or similar product may NOT be used on the legs to reduce friction.
* Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, Lifting Straps, supportive suits.
* Equipment NOT Allowed: Tacky or similar product. Lifting hooks.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
| Stacy Bentley | Masters | HWW160+ | 11/15/2014 | Gorilla Warfare, OH | 450 | 1 |
| Tracy Stankavage | Open | LWW0-140 | 11/15/2014 | Gorilla Warfare, OH | 500 | 1 |
| Stacy Bentley | Open | MWW140-180 | 11/15/2014 | Gorilla Warfare, OH | 450 | 1 |
| Sharon Moss | Open | HWW180+ | 8/14/2021 | Ohio Record Setter | 675 | 1 |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
| Brad Berlin | Teen | MW175-231 | 6/14/2008 | Dino Day Extinction | 650 | 1 |
| James Conkey | Teen | HW231+ | 4/3/2005 | Lancaster Strongman Challenge | 700 | 1 |
| Willie Wessels | Masters | LW0-231 | 4/24/2004 | Azalea Festival, VA | 960 | 1 |
| Dean Nascimben | Masters | HW231+ | 9/5/2009 | Beast of the East | 1115 | 1 |
| Quint Zambon | Open | LW0-175 | 11/15/2014 | Gorilla Warfare, OH | 800 | 1 |
| Orlando Green | Open | MW175-231 | 9/5/2009 | Beast of the East | 1015 | 1 |
| Anthony Pernice | Open | HW231+ | 10/19/2019 | KY Strongest Man & Woman 2019 | 1190 | 1 |
| James Deffinbaugh | Pro  | LW0-231 | 10/19/2019 | America’s Strongest 105k | 1124 | 1 |
| John Beatty | Pro  | HW231+ | 1/2006 | Monsters of the Midwest | 1105 | 1 |

**CLASSIC STRONGMAN EVENTS**

## YOKE

* One attempt.
* There may be a 60 second time limit.
* One set down allowed throughout the course.
* Various Yoke designs may be used however every Yoke should be able to adjust height.
* Athlete will start with the Yoke on the floor and shoulders under the crossbar.
* The signal is given and the athlete must lift and carry the yoke throughout the course and fully cross the finish to stop the clock.
* No sliding of the yoke will be permitted. Disqualification from the event if sliding is obvious, or a 2 second penalty if inadvertent.
* Equipment allowed: Belt, Knee sleeves or wraps, supportive suits, chalk.
* Equipment NOT allowed: Tacky.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
| Kelly Garabadian | Masters | HWW160+ | 11/15/2014 | Gorilla Warfare, OH | 405 | 60 ft, 23.34 seconds |
| Erin Walterman | Open | LWW0-140 | 11/19/2010 | Nationals | 300 | 60 ft, 10.88 seconds |
| Nancy Sarieh | Open | MWW140-180 | 11/19/2010 | Nationals | 400 | 60 ft, 11.50 seconds |
| Kristin Rhodes | Open | HWW180+ | 03/2014 | Arnold Classic | 575 | 75 ft, 10.29 seconds |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
| Patrick Gilroy | Teen | MW175-231 | 12/4/2010 | Republic of Texas Strongest Man | 550 | 60 ft, 8.97 seconds |
|  | Teen | HW231+ |  |  |  |  |
| Ty Roberts | Masters | LW0-231 | 10/25/2014 | Phoenix, AZ | 700 | 60 ft, 8.91 seconds |
| Bud Schweder | Masters | HW231+ | 10/11/2008 | Masters Nationals | 650 | 60 ft, 11.66 seconds |
| Steve Trippe | Open | LW0-175 | 5/11/2013 | Fit for Life | 630 | 70 ft, 15.92 seconds |
| Nick Gilbert | Open | MW175-231 | 6/15/2013 | Cougar Strength Challenge | 665 | 60 ft, 8.97 seconds |
| Alan Colley | Open | HW231+ | 4/14/2012 | Europa Get Fit | 900 | 50 ft, 7.72 seconds |
| Rob Kearney | Pro  | LW0-231 | 10/31/2015 | America’s Strongest Man | 810 | 80 ft, 10.08 seconds |
| Alan Colley | Pro  | HW231+ | 10/31/2015 | America’s Strongest Man | 950 | 80 ft, 10.98 seconds |

## FARMERS CARRY: (MAX DISTANCE)

* One attempt for max distance.
* No time limit. Once the implements are dropped the attempt is finished.
* The course may be straight or have turns.
* Farmers Implements: May come in various designs. Handles should be between 1
* ¼” to 1 ½” in diameter and un-knurled. Handle height should be between 15” and 18” from the floor to the bottom of the handles.
* The implements start with the front of the implement or the front plate on the starting line. Measurements are taken from the back of the implement or from the back plate of the implement that is farthest back.
* No excessive sliding will be permitted. Distance will be measured from point of contact, not where implements slide to.
* Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, wrist wraps,
* Equipment NOT Allowed: Tacky, lifting straps or hooks.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
| Jennie Radovsky | Masters | LWW160 | 1/18/2020 | VA State Championship | 100 | 247’ 6” |
| Heather Burgin | Masters | HWW160+ | 1/18/2020 | VA State Championship | 100 | 240’ |
|  | Open | LWW0-140 |  |  |  |  |
| Carmen Kester | Open | MWW140-180 | 12/4/2010 | Republic of Texas Strongest Man | 100 | 358’ 8” |
| Laurie Middlesworth | Open | HWW180+ | 1/18/2020 | VA State Championship | 120 | 387’ |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
| Aaron Albroght | Teen | LW0-175 | 1/18/2020 | VA State Championship | 210 | 113’ |
| Glenn Melnick | Teen | MW175-231 | 7/26/2008 | Teen Nationals, IL | 210 | 240’ |
| Max Pippa | Teen | HW231+ | 7/26/2008 | Teen Nationals, IL | 240 | 178’ 6” |
| Jeff Rushlow | Masters | LW0-231 | 12/4/2010 | Republic of Texas Strongest Man | 210 | 314’ 7” |
| Chad Woodall | Masters | HW231+ | 6/21/2014 | Georgia’s Strongest Man | 220 | 311’ 10” |
| Andre Cook | Open | LW0-175 | 1/18/2020 | VA State Championship | 220 | 129’ 6” |
| Siqistas Mikalcikas | Open | MW175-231 | 6/3/2004 | Illinois Strongman Record Breakers | 250 | 300’ |
| Jared Spybrook | Open | HW231+ | 5/31/2008 | Rose Festival | 280 | 203’ 8” |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

## FARMERS CARRY: 100 FT STRAIGHT COURSE

* One attempt.
* 100’ straight course.
* There may be a 60 second time limit.
* You may set the implements down once throughout the course. On the second set down distance will be measured.
* Farmers Implements: May come in various designs. Handles should be between 1
* ¼” to 1 ½” in diameter and un-knurled. Handle height should be between 15” and 18” from the floor to the bottom of the handles.
* The implements start with the front of the implement or the front plate on the starting line. Measurements are taken from the back of the farthest back implement or from the back plate of the implement that is farthest back.
* Time will stop when the whole implement or back plate of the farthest back implement crosses the finish.
* No excessive sliding will be permitted. Distance will be measured from point of contact, not where implements slide to.
* Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, wrist wraps,
* Equipment NOT Allowed: Tacky, lifting straps or hooks.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
|  | Open | MWW140-180 |  |  |  |  |
| Sharon Moss | Open | HWW180+ | 8/14/2021 | Ohio Record Setter | 210 | 25.31 seconds |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
| Seth Lucas | Teen | HW231+ | 8/14/2021 | Ohio Record Setter | 210 | 32.03 seconds |
| Robert Fuciarelli | Masters | LW0-231 | 8/14/2021 | Ohio Record Setter | 210 | 14.68 seconds |
| Marc Davidson | Masters | HW231+ | 8/14/2021 | Ohio Record Setter | 250 | 16.24 seconds |
|  | Open | LW0-175 |  |  |  |  |
| Jeff Peterson | Open | MW175-231 | 8/16/2003 | Northeast WI Strongman | 250 | 11.73 seconds |
| Sam McMahon | Open | HW231+ | 8/16/2003 | Northeast WI Strongman | 280 | 11.27 seconds |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

**FARMER’S CARRY: 100 FT WITH TURN**

* One attempt.
* 100’ course with a turn at 50’.
* There may be a 60 second time limit.
* You may set the implements down once throughout the course. On the second set down distance will be measured.
* Farmers Implements: May come in various designs. Handles should be between 1
* ¼” to 1 ½” in diameter and un-knurled. Handle height should be between 15” and 18” from the floor to the bottom of the handles.
* The implements start with the front of the implement or the front plate on the starting line. Measurements are taken from the back of the farthest back implement or from the back plate of the implement that is farthest back.
* Time will stop when the whole implement or back plate of the farthest back
* implement crosses the finish.
* No excessive sliding will be permitted. Distance will be measured from point of contact, not where implements slide to.
* Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, wrist wraps,
* Equipment NOT Allowed: Tacky, lifting straps or hooks.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
| Theresa Garee | Open | MWW140-180 | 6/15/2013 | Cougar Strength Challenge | 135 | 39.75 seconds |
| Sharon Moss | Open | HWW180+ | 6/15/2013 | Cougar Strength Challenge | 155 | 24.66 seconds |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
| Patrick Gilroy | Teen | MW175-231 | 11/14/2009 | Texas Strongest Man | 200 | 23.85 seconds |
| Eric Fenton | Teen | HW231+ | 6/15/2013 | Cougar Strength Challenge | 205 | 18.85 seconds |
| Dean Nascimben | Masters | LW0-231 | 10/11/2008 | Masters Nationals, NE | 240 | 17.41 seconds |
| Keith Saunders | Masters | HW231+ | 10/11/2008 | Masters Nationals, NE | 260 | 19.88 seconds |
| Charles Brooke | Open | LW0-175 | 8/16/2013 | Nevada | 210 | 18.59 seconds |
| Nick Gilbert | Open | MW175-231 | 6/15/2013  | Cougar Strength Challenge | 245 | 14.87 seconds |
| Ryan Bracewell | Open | HW231+ | 11/14/2009 | Texas Strongest Man | 310 | 20.37 seconds |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

**FARMER’S CARRY: 160 FT WITH TURN**

* One attempt
* 160’ course with a turn at 80’.
* There may be a 60 second time limit.
* You may set the implements down once throughout the course. On the second set down distance will be measured.
* Farmers Implements: May come in various designs. Handles should be between 1
* ¼” to 1 ½” in diameter and un-knurled. Handle height should be between 15” and 18” from the floor to the bottom of the handles.
* The implements start with the front of the implement or the front plate on the starting line. Measurements are taken from the back of the farthest back implement or from the back plate of the implement that is farthest back.
* Time will stop when the whole implement or back plate of the farthest back implement crosses the finish.
* No excessive sliding will be permitted. Distance will be measured from point of contact, not where implements slide to.
* Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, wrist wraps,
* Equipment NOT Allowed: Tacky, lifting straps or hooks.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
| Stacy Bentley | Masters | LWW160 | 11/15/2014 | Gorilla Warfare, OH | 140 | 29.16 seconds |
| Kelly Garabadian | Masters | HWW160+ | 11/15/2014 | Gorilla Warfare, OH | 160 | 40.48 seconds |
|  | Open | LWW0-140 |  |  |  |  |
| Jessica Rush | Open | MWW140-180 | 11/15/2014 | Gorilla Warfare, OH | 120 | 26.58 seconds |
| Kari Lazroff | Open | HWW180+ | 11/15/2014 | Gorilla Warfare, OH | 160 | 48.88 seconds |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
| Trent Nelson  | Teen | HW231+ | 11/1/2003 | Florida State Championships | 180 | 22.34 seconds |
| Joe Brausch | Masters | LW0-231 | 9/5/2009 | Beast of the East | 230 | 27.91 seconds |
| Bud Schweder | Masters | HW231+ | 9/5/2009 | Beast of the East | 250 | 24.91 seconds |
|  | Open | LW0-175 |  |  |  |  |
| Josiah Blankenship | Open | MW175-231 | 10/2009 | Micro-Brewery Festival, MO | 245 | 14.69 seconds |
| Chad Woodall | Open | HW231+ | 6/14/2003 | TN Strongest Man | 240 | 18.75 seconds |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

## FARMERS HOLD: MAX TIME

* 1 attempt for the best time.
* No time limit.
* Farmers Implements: May have various designs however handles should be between 1
* ¼” to 1 ½” in diameter and un-knurled. Handle height should be between 15” to 18” from floor to bottom of handles.
* Time starts when athlete locks out the implements.
* Time stops when one or both implements hit the floor.
* The judge may read off every 5 seconds.
* Athlete may NOT have their legs in a wide stance to provide “assistance”. Judges call.
* Equipment Allowed: Belt, Chalk, knee wraps or sleeves, wrist wraps.
* Equipment NOT Allowed: Lifting straps or hooks, tacky.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
|  | Open | MWW140-180 |  |  |  |  |
| Kari Sabina | Open | HWW180+ | 7/13/2002 | Florida State Championships | 175 | 78 seconds |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
| Corey Russell | Teen | MW175-231 | 4/3/2005 | Lancaster Strongman Challenge | 200 | 52.53 seconds |
| Aaron Snider | Teen | HW231+ | 2/22/2003 | Extreme Strength Extravaganza | 250 | 59.94 seconds |
| Scott Sietsema | Masters | LW0-231 | 4/9/2005 | Chicago’s Strongest Man | 295 | 52.15 seconds |
| John Petropoulos | Masters | HW231+ | 9/5/2009 | Beast of the East | 250 | 59.80 seconds |
|  | Open | LW0-175 |  |  |  |  |
| Orlando Green | Open | MW175-231 | 9/5/2009 | Beast of the East | 250 | 81.01 seconds |
| Tom Hayes | Open | HW231+ | 1/22/2005 | Johnny Harry Memorial | 300 | 59.50 seconds |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

**RETIRED RECORDS**

**MAX DEADLIFT, AXLE**

* 3 attempts for max weight.
* Wessels Rule may be in effect.
* There may be a 60 second time limit.
* Axle diameters from 1.9” to 2.5” may be used.
* Conventional stance only. NO SUMO Allowed
* Hitching is allowed.
* Good Lift: Athlete must lift the barbell to a standing position with head up, shoulders back, legs and feet in line. Once the signal is given for the lift the athlete must return the bar to the floor under control. NO DROPPING OF THE BAR WILL BE ALLOWED.
* The athlete may put baby powder or water on the legs to reduce friction however the athlete should clean the bar after his attempt and before the next competitor.
* Vaseline, baby oil, or similar product may NOT be used on the legs to reduce friction.
* Equipment Allowed: Belt, Chalk, Knee wraps or sleeves, Lifting Straps.
* Equipment NOT Allowed: Tacky or similar product. Lifting hooks. Supportive suits.

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| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
|  | Open | MWW140-180 |  |  |  |  |
|  | Open | HWW180+ |  |  |  |  |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
|  | Teen | HW231+ |  |  |  |  |
|  | Masters | LW0-231 |  |  |  |  |
| Eric Patterson | Masters | HW231+ | 10/25/2014 | Phoenix | 750 | 1 |
|  | Open | LW0-175 |  |  |  |  |
| Trevor Cashey | Open | MW175-231 | 10/25/2014 | Phoenix | 700 | 1 |
|  | Open | HW231+ |  |  |  |  |
|  | Pro  | LW0-231 |  |  |  |  |
| Dimitar Savatinov | Pro  | HW231+ | 10/25/2014 | Phoenix | 860 | 1 |

### **KEG TOSS: MAX HEIGHT**

* 3 attempts for the best height
* May have a 60 second time limit to attempt a height.
* Wessels rule may be in effect.
* The athlete may use one or two hands to toss the keg.
* Implements: Standard beer keg. 33#’s to 35#’s.
* Height crossbar: No wider than 10’ and should be able to have at least 6” increments.
* Athletes may choose what height to start out with.
* The Athlete must be successful at a given height before proceeding to the next attempt.
* The whole keg must go over the crossbar to count.
* If the crossbar is setting on pegs and the keg knocks the crossbar off, it’s considered a failed attempt.
* Equipment Allowed: Belt, Chalk, knee wraps or sleeves, wrist wraps. Elbow sleeves.
* Equipment NOT Allowed: Tacky

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
|  | Open | MWW140-180 |  |  |  |  |
|  | Open | HWW180+ |  |  |  |  |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
| Adam Mathias | Teen | MW175-231 | 5/24/2003 | IL Strongman Record Breakers |  | 13’ |
| Aaron Snider | Teen | HW231+ | 5/24/2003 | IL Strongman Record Breakers |  | 14’ |
| Mike Matson | Masters | LW0-231 | 5/24/2003 | IL Strongman Record Breakers |  | 13’ |
| Joe Brausch Sr. | Masters | HW231+ | 5/24/2003 | IL Strongman Record Breakers |  | 13’ |
|  | Open | LW0-175 |  |  |  |  |
| Bill Porter | Open | MW175-231 | 5/24/2003 | IL Strongman Record Breakers |  | 15’ 6” |
| Rob Meulenberg | Open | HW231+ | 2005 | NorCal Strongest Man |  | 21’ |
| Richard Moczygemba | Pro  | LW0-231 | 7/31/2021 | Pillars of Strength, New Braunfels, TX | 60lbs | 15’ |
|  | Pro  | HW231+ |  |  |  |  |

### **WEIGHT TOSS: MAX HEIGHT**

* 3 attempts for the best height
* May have a 60 second time limit to attempt a height.
* Wessels rule may be in effect.
* The athlete must use one hand to toss the implement.
* Implements: Standard Highland implement or something similar.
* Height crossbar: No wider than 10’ and should be able to have at least 6” increments.
* Athletes may choose what height to start out with.
* The Athlete must be successful at a given height before proceeding to the next attempt.
* The whole keg must go over the crossbar to count.
* If the crossbar is setting on pegs and the keg knocks the crossbar off, it’s considered a failed attempt.
* Equipment Allowed: Belt, Chalk, knee wraps or sleeves, wrist wraps. Elbow sleeves.
* Equipment NOT Allowed: Tacky

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
|  | Open | MWW140-180 |  |  |  |  |
| Becky KudrnaJessica Todd | Open | HWW180+ | 5/29/2004 | JWC V Strongman MO | 28 | 12’ |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
|  | Teen | HW231+ |  |  |  |  |
| Curtis Lake | Masters | LW0-231 | 2007 | Master’s Nationals | 42 | 15’ |
| Richard NealyDarren Barnhart | Masters | HW231+ | 2007 | Master’s Nationals | 42 | 15’ |
|  | Open | LW0-175 |  |  |  |  |
| Aaron Caza | Open | MW175-231 | 4/13/2004 | River City Strongman Challenge | 56 | 14’ |
| Dan McWhorterTravis MongoldChris St. Clair | Open | HW231+ | 4/13/2004 | River City Strongman Challenge | 56 | 14’ |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

### **TIRE TOSS: MAX DISTANCE**

* 3 attempts for the best distance.
* May have a 60 second time limit to an attempt .
* The athlete may use one or two hands to toss the tire.
* Athlete may spin to toss the tire, however a backwards toss over the head is NOT allowed.
* Implements: Standard automobile tire.
* The athlete may have to toss the tire within a half circle usually about 10’ in diameter or may have to toss the tire behind a line or barrier.
* The athlete must NOT touch, step on, or step over the line/ barrier during the attempt. Doing so will forfeit that attempt.
* Distance will be measured from the line/ barrier to the point of contact that the tire had with the ground.
* Equipment Allowed: Belt, Chalk, knee wraps or sleeves, wrist wraps. Elbow sleeves.
* Equipment NOT Allowed: Tacky

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
|  | Open | MWW140-180 |  |  |  |  |
| Becky Kudrna | Open | HWW180+ | 5/29/2004 | JWC V Strongman Challenge MO | 20 | 35’ 7” |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
|  | Teen | HW231+ |  |  |  |  |
| Jim Spalding | Masters | LW0-231 | 5/29/2004 | JWC V Strongman Challenge MO | 25 | 46’ 6” |
| Thom Van Vleck | Masters | HW231+ | 5/29/2004 | JWC V Strongman Challenge MO | 25 | 44’ 6.5” |
| Matt LeBlanc | Open | LW0-175 | 8/16/2013 | Record Breakers | 25 | 31’ 9” |
| Mark Wechter | Open | MW175-231 | 9/13/2003 | Spokane Strongman Challenge | 25 | 44’ 6” |
| Travis Mongold | Open | HW231+ | 4/24/2004 | Azalea Festival | 25 | 65’ 3” |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

### **FRONT HOLD: MAX TIME**

* 1 attempt for the best time.
* No time limit.
* Implements: May have various designs, however standard Olympic weight plate will suffice.
* The athlete may have to lean against a board or similar object to reduce excessive lean back.
* Hands/ palms may face down or in, depending on the implement.
* Staff members may hand the implement to the athlete.
* The athlete must hold the implements straight out from the torso. A slight bend in the elbows is permitted however if bend becomes too great the judge has the right to stop the event and record the time.
* Using the fists a guide the implements must not go below chin level or higher than eye
* level. The athlete may get one warning from the judge to correct the form. Next time the level is broken time will be stopped.
* The judge may read off every 5 seconds.
* Equipment Allowed: Belt, Chalk, knee wraps or sleeves, wrist wraps.
* Equipment NOT Allowed: Tacky

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
| Kelly Picchione | Open | MWW140-180 | 7/18/2009 | Western NY Strongest | 25 | 57.81 seconds |
| Sharon Moss | Open | HWW180+ | 6/5/13 | Cougar Strength Challenge | 25 | 1 min 13.033 seconds |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
|  | Teen | HW231+ |  |  |  |  |
| Bob Toth | Masters | LW0-231 | 12/5/2010 | Paxton Strongest Man | 45 | 50.56 seconds |
| Ed McGarvey | Masters | HW231+ | 7/18/2009 | Western NY Strongest | 45 | 46.03 seconds |
|  | Open | LW0-175 |  |  |  |  |
| Corey Clark | Open | MW175-231 | 7/18/2009  | Western NY Strongest | 45 | 42.65 seconds |
| Adam Witzel | Open | HW231+ | 7/18/2009 | Western NY Strongest | 45 | 41.46 seconds |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

### **CRUCIFIX HOLD: MAX TIME**

* No time limit.
* One attempt for best time.
* Implements: May have various designs, however standard dumbbells will suffice.
* The athlete may have to lean against a board or similar object to reduce excessive lean back.
* Hands must have palms facing forward, not up or down.
* Staff members may hand the implements to the athlete.
* The athlete must hold the implements straight out from the sides of the torso. A slight bend in the elbows is permitted however if bend becomes too great the judge has the right to stop the event and record the time.
* Using the fists a guide the implements must not go below chin level or higher than eye
* level. The athlete may get one warning from the judge to correct the form. Next time the level is broken time will be stopped.
* The judge may read off every 5 seconds.
* Equipment Allowed: Belt, Chalk, knee wraps or sleeves, wrist wraps.
* Equipment NOT Allowed: Tacky

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
|  | Open | MWW140-180 |  |  |  |  |
|  | Open | HWW180+ |  |  |  |  |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
|  | Teen | HW231+ |  |  |  |  |
|  | Masters | LW0-231 |  |  |  |  |
|  | Masters | HW231+ |  |  |  |  |
|  | Open | LW0-175 |  |  |  |  |
| Brad Pitt | Open | MW175-231 | 8/30/2003 | Battle of the Border | 25 | 53.13 seconds |
| Eric Todd | Open | HW231+ | 8/30/2003 | Battle of the Border | 35 | 32.92 seconds |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |

**ATLAS STONES**

* 1 attempt for the heaviest stone with the fastest time.
* There may be a 60 second time limit.
* Platform height between 48” to 50”.
* 5 atlas stones. Wts approximate LW: 200, 225, 265, 300, 335/ HW: 225, 265. 300, 335, 360.
* Stones will placed at the base of the platforms.
* Stones must be loaded in ascending order.
* The stones must be loaded in a controlled manner. If a stone falls off the platform during the attempt, the athlete must replace the stone before proceeding to the next heaviest stone.
* Split times will be taken for each stone.
* Athlete starts with hands on the platform or a short distance from the platform at start of the event.
* Equipment Allowed: Belt with buckle to the back, Tacky, Chalk, Knee wraps or sleeves, Forearm sleeves,
* Equipment NOT Allowed: Belt buckle to the front or an object in the belt to provide a “shelf”. No built-up shoes to provide extra height.

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| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
|  | Open | MWW140-180 |  |  |  |  |
| Kristin Rhodes | Open | HWW180+ | 03/2014 | Arnold Classic | 240 | 12 reps |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
|  | Teen | MW175-231 |  |  |  |  |
|  | Teen | HW231+ |  |  |  |  |
| Mike Matson | Masters | LW0-231 | 5/24/2003 | IL Strongman Record Breakers | 200-335 | 4 in 20.62 seconds |
| Joe Brausch Sr | Masters | HW231+ | 5/24/2003 | IL Strongman Record Breakers | 225-360 | 3 in 24.14 seconds |
|  | Open | LW0-175 |  |  |  |  |
| Jason Hehr | Open | MW175-231 | 12/4/2010 | Republic of Texas Strongest Man | 225-335 | 5 in 18.93 seconds |
| Eric Todd | Open | HW231+ | 6/2009 | Colorado | 225-360 | 5 in 17.93 seconds |
|  | Pro  | LW0-231 |  |  |  |  |
| Travis Ortmayer | Pro  | HW231+ | 8/29/2009 | Capitol City Classic | 330-450 | 5 in 35.94 seconds |

**CONAN*’*S WHEEL : DISTANCE**

* One attempt for Maximum distance.
* No Time limit.
* The athletes must carry the implement in the crook of the arms (fore-arms/ biceps)
* NO SHOULDERING OF THE IMPLEMENT ALLOWED.
* Once athlete sets the implement down, measurements will be taken.
* Conan’s Wheel apparatus: May come in various designs. Boom lengths usually are around 16’ with one revolution 100’. Bar sizes range from 3” to 5” in diameter.
* Bar should be adjustable.
* Athletes usually have to walk in a clockwise fashion.
* On the lift command the athlete should have 60 seconds to be able to lift the apparatus.
* There should be a 2’ to 4’ grace mark, after which measurements will be taken.
* No excessive sliding will be permitted. Distance will be measured from point of contact, not where implements slide
* to.
* Equipment Allowed: Chalk, Knee wraps or sleeves, wrist wraps, Fore-arm sleeves. Belt with buckle to the back.
* Equipment NOT Allowed: Tacky, Any item placed in the lifting belt to provide a “shelf”.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Name (females) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LWW0-140 |  |  |  |  |
|  | Teen | MWW140-180 |  |  |  |  |
|  | Teen | HWW180+ |  |  |  |  |
|  | Masters | LWW160 |  |  |  |  |
|  | Masters | HWW160+ |  |  |  |  |
|  | Open | LWW0-140 |  |  |  |  |
| Carmen Kester | Open | MWW140-180 | 12/4/2010 | Republic of Texas Strongest Man | 300 | 273’ |
| Buffy Gordon | Open | HWW180+ | 6/3/2004 | IL Strongman Record Breakers | 350 | 59’ 7” |
|  | Pro  | LWW0-140 |  |  |  |  |
|  | Pro  | MWW140-180 |  |  |  |  |
|  | Pro  | HWW180+ |  |  |  |  |
| Name (males) | Division | Weight Class | When | Where | Weight | Time/Distance/Reps |
|  | Teen | LW0-175 |  |  |  |  |
| Patrick Gilroy | Teen | MW175-231 | 12/4/2010 | Republic of Texas Strongest Man | 350 | 178’ 8” |
| Scott Richardson Jr. | Teen | HW231+ | 12/4/2010 | Republic of Texas Strongest Man | 400 | 378’ |
| Roger Ortmayer | Masters | LW0-231 | 12/4/2010 | Republic of Texas Strongest Man | 550 | 180’ 1” |
| Doug Waterman | Masters | HW231+ | 12/4/2010 | Republic of Texas Strongest Man | 550 | 148’ 3” |
|  | Open | LW0-175 |  |  |  |  |
| Jason Hehr | Open | MW175-231 | 12/4/2010 | Republic of Texas Strongest Man | 500 | 341’ 1” |
| Ron Strahan | Open | HW231+ | 8/16/13 | Record Breakers | 600 | 218’ |
|  | Pro  | LW0-231 |  |  |  |  |
|  | Pro  | HW231+ |  |  |  |  |