

WOMEN'S EVENTS

The first three (3) events are qualifying events, if there are more than ten (10) competitors.

Magnesium is the only grip enhancing substance that is allowed in the competition. The use of tacky/pine resin in events involving stones is decided at the competitor meeting.

1. POWER STAIRS

60kg and 90 kg weights / 5 stairs

Time limit 75 sec. Competitors start on the mark and the implement has to be completely on the final step to finish. No special/ built up shoes.

2. WHEELBARROW PUSH

Distance ca. 20 metres.

Time limit 75 sec. Competitor stands in front of the wheelbarrow and after the start commences to run behind the wheelbarrow, lift the handles and push the wheelbarrow as fast as possible for the required distance. Fastest time wins. If the competitor cannot complete the distance within the time limit, the distance is measured. Use of straps is forbidden.

3. CARRYING A SACK

Maximum distance, sack weight ca. 80kg.

After the "start" command the competitor has 30 seconds to lift up the sack and set off. The sack is carried on the chest (not on the shoulder or neck).

Before the starting line the competitor has a 1 metre area where she can lift or set the sack down in the 30 seconds of allotted time. When the competitor's foot crosses the starting line the actual event begins. At the turns it is enough that the competitor's foot "breaks the line", i.e. part of the shoe covers the entire line. When the sack touches the ground, the event is over. The competitor who carried the sack the furthest wins.

4. OVERHEAD LOG LIFT WITH REPETITIONS

Log weight 60kg.

The competitor stands up straight behind the log and commences after the "start" command. The log has to be lifted overhead with arms straight. Technique is unrestricted, but at the final position the weight has to be equally distributed with arms straight, head between arms, and elbows, knees and hips straight. After the judge's signal the competitor lowers the log WITH BODY CONTACT and continues to perform another rep after receiving the "ok" signal. The judge will signal the competitor at the start and the final position. The competitor with the most reps is the winner.

ATTENTION! If the competitor drops the log without body contact, she must pick it up and lift it up again for an acceptable rep.

Maximum time limit 75 sec.

5. HOUSE PULL

After receiving the "start" command the competitor pulls the house ca. 10 metres as fast as possible. Maximum time limit 75 sec. If the competitor is unable to pull the house for 10 metres, the distance is measured. House weight is approx. 20 000kg (15 000kg lighter than last year).

6. ATLAS STONES

5 stones, weight 50-90kg.

The competitor lifts up 5 stones from lightest to heaviest as fast as possible. The second to last stone is split timed, if the competitor is unable to lift the final stone. The competitor who loads the stones the fastest is the winner. Time limit 75 sec.

Platform height 100-140cm.

MEN'S EVENTS

Magnesium is the only grip enhancing substance that is allowed in the competition. The use of tacky/pine resin in events involving stones is decided at the competitor meeting.

QUALIFYING ROUND

1. POWER STAIRS

200 and 230kg weights/ 5 stairs.

Time limit 75 sec. Competitors start on the mark and the implement has to be completely on the final step to finish. No special/built up shoes.

2. OVERHEAD LOG LIFT

Log weight 120kg.

The competitor stands straight behind the log and commences after the start command. The log has to be lifted overhead with arms straight. Technique is unrestricted, but at the final position the weight has to be equally distributed with arms straight, head between arms, and elbows, knees and hips straight. After the judge's signal the competitor lowers the log **WITH BODY CONTACT** and continues to perform another rep after receiving the "ok" signal. The judge will signal the competitor at the start and the final position. The competitor with the most reps is the winner.

ATTENTION! If the competitor drops the log without body contact, he must pick it up and lift it up again for an acceptable rep.

Maximum time limit 75 sec.

3. CARRYING A SACK

Maximum distance. Sack weight ca. 150kg.

After the start command the competitor has 30 seconds to lift up the sack and set off. The sack is carried on the chest (not on the shoulder or neck).

Before the starting line the competitor has a 1 metre area where he can lift or set the sack down in the 30 seconds of allotted time. When the competitor's foot crosses the starting line the actual event begins. At the turns it is enough that the competitor's foot "breaks the line", i.e. part of the shoe covers the entire line. When the sack touches the ground, the event is over. The competitor who carried the sack the longest distance wins.

4. HERCULES HOLD

Weights ca. 150kg.

In Hercules Hold, when asked by the judge, the competitor must clearly announce the instructions for adjusting the weights before the "start" command. After this the competitor is asked if he is ready. The reply must be given clearly and audibly and after that the judge gives the signal and the event begins. When any part of the weights touches the ground, the event is over.

FINAL

5. HOUSE PULL

After receiving the start command the competitor pulls the house ca. 10 metres as fast as possible. Maximum time limit 75 sec. If the competitor is unable to pull the house for 10 metres, the distance is measured. House weight is approx. 45 000kg.

6. DEADLIFT

At this point it is unfortunately unclear as to what is lifted and how. Options are car, trailer, or some sort of axle. More information to come during the following week.

7. WHEELBARROW PUSH

Distance ca. 20 metres. Wheelbarrow load ca. 400kg.

Time limit 75 sec. Competitor stands in front of the wheelbarrow and after the start commences to run behind the wheelbarrow, lift the handles and push the wheelbarrow as fast as possible for the required distance. Fastest time wins. If the competitor cannot complete the distance within the time limit, the distance is measured. Use of straps is forbidden.

8. ATLAS STONES

5 stones, weight 110-150kg.

The competitor lifts up 5 stones from lightest to heaviest as fast as possible. The second to last stone is split timed to settle the difference, if the competitor is unable to lift the final stone. The competitor who loads the stones the fastest is the winner. Platform height 120-160cm (lightest stone onto the highest platform etc.) Time limit 75 sec.

105kg and open divisions compete at the same time and with the same weights. Six competitors from both divisions qualify for the final.

The organizers have arranged free accommodation for the finalists. The competitors will receive more detailed instructions after the sign-up period has ended.

We apologize for the delay in more detailed information. The reason for it is that it has been increasingly hard to secure funding. The competition will be made into three hour-long broadcasts on YLE 2.

Thank you for your patience! We welcome you to compete and cheer the competitors!