



Houston's Strongest Man

Date: June 30th, 2018 **Start Time:** 9:00am **Rules Meeting** 8:30am

Location: George R. Brown Convention Center
Houston, Tx. 77010

Promoters: Jacob Fincher

Contact Information: Jake@iroknutrition.com

Contest Updates: "Houston's Strongest Man" Facebook Event Page

CONTEST WILL BE CAPPED AT 70 COMPETITORS

Divisions: Womens Lightweight Under 140
Womens Middlweight- 140-180
Womens Heavyweight Over 180
Mens Novice
Mens Lightweight 175
Mens Middleweight 200
Men Middleweight 231
Men Heavyweight 265
Men Heavyweight 265+
Masters

DIVISIONS MUST HAVE 5 COMPETITORS OR CLASS WILL BE COMBINED

Entry Fee: \$60.00

Must have NAS/Strongman Corporation Membership- Available to Purchase at Competition

Email Jake@iroknutrition.com to register.

Events:

1) Max axle Deadlift- 3 attempts, straps allowed

2) Max log – 3 attempts

3) Conan's wheel

Weights TBA

4) Yoke Walk- 60ft Carry, Unlimited Drops, 60 second time limit.

LWW-400

MWW- 425

HWW- 450

Novice- 500

175/masters-600

200- 650

231- 700

265-725

265+ 750

5) Farmers carry / Sand bag Medley – farmers carry 60ft, Sand bag carry 60ft back.

Weights TBA