



The Ronnie Coleman Strongman Classic

Date: April 07, 2018 **Start Time:** 9:00am **Rules Meeting** 8:30am

Location: Fort Worth Convention Center
1201 Houston St.
Fort Worth, TX 76102

Promoters: Jacob Fincher, Bryan Barrett, Scott Brockelman

Contact Information: jake@iroknutrition.com

Contest Updates: "The Ronnie Coleman Strongman Classic" Facebook Event Page

CONTEST WILL BE CAPPED AT 70 COMPETITORS

Divisions:

NM
NW
Masters
Womens Lightweight Under 140lbs
Womens Middleweight 141-180bs
Womens Heavyweight 181+
Mens Lightweight under 175lbs
Mens Middleweight 176-200lbs
Mens Middleweight 201-230lbs
Men Heavyweight 231-265lbs
Men Heavyweight 265+

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. Please include shirt size and weight division

payment options: Paypal - jake@iroknutrition.com

checks payable to: Jacob Fincher

2430 Fm 55

Waxahachie, TX 75165

Events:

1) Max Wagon Wheel deadlift

2) Log press for reps

NM- 225

NW- 105

Master – 225

LWW – 125

MWW – 145

HWW – 165

LWM – 200

MWM200- - 225

MWM230- - 250

HWM- 270

SHW- 285

3) Max Frame Hold – no straps

NM- 450

NW- 300

Masters- 450

LWW- 325

MWW- 375

HWW- 425

LWM- 425

MWM200- - 450

MWM230- - 500

HWM- 550

SHW - 600

4) Stone over bar – 60 seconds

NW – 200

LWW- 160

MWW – 180

HWW – 200

LWM/NM – 200

MWM200-,MASTERS – 220

MWM230- - 250

HWM – 270

SHW - 300

5) Frame and Magnesson Carry Medley- 60 Ft down and 60 Ft back

Frame weights below and Magnesson carry weights TBA

NM – 455

NW- 200

Masters – 500

LWW – 250

MWW- 300

HWW- 325

LWM- 425

MWM200- - 475

MWM231- - 500

HWM – 525

SWH- 550