



Greenhorn Throwdown 2018

Date: Oct 27, 2018 **Start Time:** 9:30am **Rules Meeting** 9:00am

Location: Dallas Market Hall
2200 Stemmons Fwy Dallas, Tx

Promoters: Jacob Fincher, Danny Rivera, Jamie Fletcher

Contact Information: Jake@iroknutrition.com

Contest Updates: "The Greenhorn Throwdown 2018" Facebook Event Page

CONTEST WILL BE CAPPED AT 70 COMPETITORS

Divisions: Womens Lightweight
Womens Middleweight
Womens Heavyweight
Mens Lightweight
Mens Middleweight
Men Heavyweight

*****We will break down into sub classes only if there are enough to fill a sub class.

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) Axle clean and press for reps

HWW – 145

MWW – 125

LWW – 105

HWM -250
MWM – 225
LWM - 205

2) Max axle wagon wheel Deadlift

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

LWW-300
MWW-350
HWW- 400
HWM – 650
MWM – 575
LWM - 525

4) Duck walk /Frame carry Medley

LWW-150/175
MWW-175/150
HWW- 200/175
HWM – 300/250
MWM – 250/225
LWM – 225/200

5) Mystery Event