



The Ronnie Coleman Strongman Classic 2019

Date: April 6, 2019 **Start Time:** 9:00am **Rules Meeting** 8:30am

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

Promoters: Jacob Fincher, Danny Rivera, Jamie Fletcher

Contact Information: jake@dynamicexp.com

Contest Updates: **"The Ronnie Coleman Strongman Classic 2019"** Facebook Event Page

Divisions:

Novice
Masters
Womens Lightweight Under 140
Womens Middleweight 141-180
Womens Heavyweight 181
Mens Lightweight under 175
Mens Middleweight 231
Mens Heavyweight 231+

Entry Fee: \$85.00

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

Email jake@dynamicexp.com to register.

Please include shirt size and weight division

payment options: Paypal - jake@dynamicexp.com

Events:

1) MAX DEADLIFT- 3 attempts, Texas deadlift bar, Wessels Rules, belt, straps only, no suit, no hooks

2) Max Log – 3 attempts

3) Cerberus Sand Bag Throw. 3 bags 14ft men 12ft woman / 60s time

LWW: 15/25/35

MWW : 20/30/40

HWW : 25/35/45

LWM : 20/30/40

MWM: 25/35/45

HWM:30/40/50

4) Farmers Carry. 60ft unlimited drops, one way, time stops when implement crosses the line. 5 second penalty for leaving implements not up right, hands off at start, weights are per hand, bartos handles men, musik metals works women.

LWW: 185

MWW: 205

HWW: 235

LWM: 255

MWM: 295

HWM: 335

5) 5 stone series. Head to head final event, **weights listed are FINAL STONE approximate weights and are subject to change**

LWW: 200

MWW: 225

HWW:250

LWM:325

MWM:350

HWM:375

