



Summer Iowa Games | www.lowagames.org | iagamesstrongman@gmail.com

STRONGMAN

Iowa State University Parking Lot S7 | East of Jack Trice Stadium

Weigh-Ins: 8:30 AM | Competition: 9:30 AM

Competition Events (4 of the 7 Will Be Selected On Day of Competition):

Farmer's Walk

80 Feet Down – 80 Feet Back

Men: Lightweight | 175-225 lbs; Heavyweight | 200-250 lbs

Women: Lightweight | 100-110 lbs; Heavyweight | 120-140 lbs

Heavy Tire Flip

End-Over-End for 60 Seconds

Men: Lightweight | *600 lbs; Heavyweight | 730 lbs

Women: Lightweight | *275 lbs; Heavyweight | 350 lbs

Loading Medley

Two Sandbags Carried 60 Feet and Loaded Sled Pull for 60 Feet

Men: Light & Heavyweight | Sandbags – 140-180 lbs Sled – TBD

Women: Light & Heavyweight | Sandbags – 70-100 lbs Sled – TBD

Vehicle Pull

100 Feet with Assist Rope for Fastest Time or Max Distance

Men: Light & Heavyweight | *12,000 lbs

Women: Light & Heavyweight | *8,000 lbs

Overhead Dumbbell

Single Arm Overhead Jerk, Max Reps in 60 Seconds

Men: Lightweight | 80-100 lbs; Heavyweight | 100-120 lbs

Women: Lightweight | 45-65 lbs; Heavyweight | 65-80 lbs

Arm Over Arm Pull

100 Feet Seated with Rope for Fastest Time or Max Distance

Men: Light & Heavyweight | TBD

Women: Light & Heavyweight | TBD

Ground to Overhead Relay

4 or 5 Progressively Heavier Bars (Barbells, Logs, etc) for Fastest Time

Men: Light & Heavyweight | TBD

Women: Light & Heavyweight | TBD