

# 2017 OAK RIDGE WAR ZONE LINEMAN CHALLENGE

## Event Descriptions



### 1. BENCH PRESS

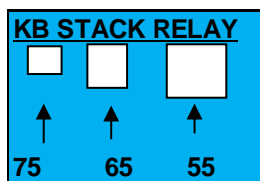
- a. There will be a 225, 205 and 185 bench set up
- b. You must have 2 athletes per weight amount
- c. The point system per rep : 225 – 3pts, 205 – 2pts, 185 – 1pt
- d. All 6 participants points will be added for total
- e. Must touch chest and lock elbows out completely
- f. Official will make final call on successful reps
- g. You will need tennis shoes for this event – Will be in weight room

### 2. TIRE FLIP

- a. Only 6 athletes will participate for this event
- b. Each athlete will flip the tire over 3 consecutive times followed by the next athlete until all 6 participants have completed their flips
- c. The clock will continue until all participants have finished
- d. The tire has to be flat on the ground before the next athlete starts their flips

### 3. KB STACK RELAY

- a. The total time will be added for all 6 participants
- b. There will be 3 plyo boxes and 3 different size kettle bells
- c. Object of the event is to get the kettle bells successfully on top of the plyo boxes in the fastest time possible.
- d. Similar to atlas stones



e.

### 4. MEDICINE BALL THROW

- a. The total distance will be added for all 6 participants
- b. Athletes will be on their knees and will throw the medicine ball from the chest as far as they can. Forward momentum is allowed in this event. (It is ok to fall on the floor after throwing as long as knees stay on ground)

## 5. POWERDRIVE

- Only 6 athletes will participate in this event
- 2 athletes will push it 20 yards, then switch to 1 athlete pushing it 10 yards, then switch to 2 athletes pushing it 20 yard, then finish it with the final athlete pushing it 10 yards.
- The official will give a call to announce when it is pushed to the correct yardage, to indicate next athlete can begin their push
- This event will be scored by the total time it takes to complete all 4 drives

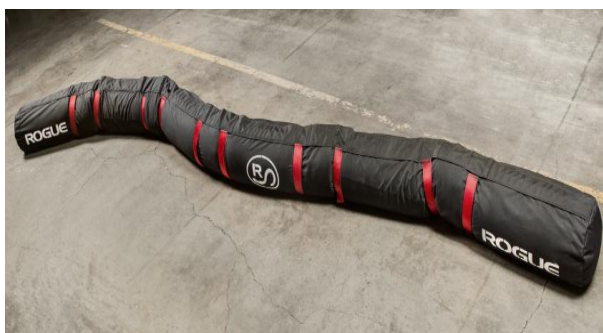


## 6. FARMERS WALK RELAY

- Only 6 athletes will participate in this event
- Athletes will carry 2- 85 lb DB's
- Athletes will begin event by picking up the 2 DB's and speed walk (no running) around the designated cone and back.
- There will be a marked off area for athletes to drop DB's to exchange to the next participant
- The time will stop when last participant crosses the finish line

## 7. WORM CARRY

- Only 6 athletes can participate in this event
- This is a team event
- Athletes will pick The Worm up above their shoulders and carry it 100 yards. Time will start once the whistle blows, however, athletes will not be able to start walking until The Worm is above their shoulders. Official will let them know when they can take off. Time will stop once The Worm is completely across finish line



## **8. 4 X 100 METER BIG BODY RELAY**

- a. Only 4 athletes will compete in this event
- b. Each athlete will run 100 meters with a 20lb medicine ball
- c. Athletes will exchange the Med. Ball within a marked off area on track
- d. If the Med. Ball is exchanged out of exchange zone the team will be disqualified
- e. If the Med. Ball is dropped the team will be disqualified
- f. You will need tennis shoes for this event

## **9. OBSTACLE COURSE**

- a. The total time will be added for all 6 participants
- b. Athletes will begin at the starting line, participating in numerous challenges on the way to the finish line. Complete instructions and demonstration if necessary will be taken care of at the event.

## **10. TUG-OF-WAR**

- a. This will take place at the end of the 9 event rotation – It will be our Final Event
- b. Only 6 athletes will participate
- c. This event is for double points
- d. Only top 4 teams will get points (20,16,12,8)
- e. Seeding in bracket will be based on luck of the draw
- f. Gloves are recommended

**\*\*\*EVENTS ARE SUBJECT TO CHANGE\*\*\***

**\*\*\*CLEATS AND FLATS ARE NEEDED FOR THIS CHALLENGE\*\*\***

