

MUSCLE PIRATE MANIA **\$1000 CASH PRIZE**

Saturday, October 3rd 2020

McDade Park

3750 FM 2854 Rd,

Conroe, TX 77304

Check-in begins at 7:30AM Rules: 8:30am

Start time: 9am

Weigh-ins at check-in

Hosted by Ashley Juge and Josh Crews @muscle.pirate

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REGISTRATION OPENS MONDAY JULY 27TH

www.musclepirate.com

This is the first qualifier for the MUSCLE PIRATE MANIA Finals to be held December 5th, 2020 in Houston, Texas. The top 5 competitors in each weight class (not including Novice) will qualify for the Dec 5th Finals, regardless of how many athletes are in a class.

The individual winner of each weight class (not including Novice) will also get to compete in a 5th event for a cash prize of \$1000.

Weight Classes:

LWW: 0 - 120lb & 120.5-140.4lb

MWW: 140.5 - 160.4lb & 160.5 - 180.4lb

HWW: 180.5 - 200lb & 200.5lb+

LWM: 0 - 150.4lb & 150.5 - 175.4lb

MWM: 175.5 - 200.4lb & 200.5 - 231.4lb

HWM: 231.5 - 265.4lb & 265.5 - 300.4lb

SHWM: 300.5lb+

Novice: Athletes who wish to compete in the Novice class follow the same weigh-in guidelines. Heavyweight Novice athletes will compete with middleweight implements. Remember that the Novice class is for those who wish to get their feet wet in Strongman - be ready to learn a lot and have a great time!

EVENTS:

1) MAX FRAME DEADLIFT. Competitors have 3 attempts and can jump in at any time they like. Weights increase by 20lb jumps. 1 missed lift and you're out.

Starting weights will be decided by competitors day of competition.

LWW:

MWW:

HWW:

LWM:
MWM:
HWM:
SHWM:

2) OAR OF WAR. Two competitors will stand across from one another, each inside a circle drawn on the ground and holding one end of a long oar. When judge says GO, competitors must pull or push the oar to force their opponent out of the circle. Last man / woman standing in their respective weight class wins.

3) SMASH BAG HOLD FOR TIME. Competitors will hold a Muscle Pirate SMASH Bag straight out in front of themselves at arm's length for time. Longest hold wins.

Weights:

LWW : 15lbs

MWW: 20lbs

HWW: 25lbs

LWM: 30lbs

MWM: 35lbs

HWM: 40lbs

SHWM: 45lbs

4) LOAD AND DRAG. Athletes will have 75 seconds to load 2 sandbags into a small boat and drag it 50 feet (on grass). Entire boat must cross finish line. Best time wins.

Weights:

LWW: 100 x 2 bags

MWW: 125 x 2 bags

HWW: 150 x 2 bags

LWM: 150, 200

MWM: 200, 250

HWM: 250, 300

SHWM: 250,300

The top 5 athletes in each will qualify for the Houston Finals in December

The athlete with the most points earned in each weight class (LW, MW, HW, SHW) will go on to compete head to head for the \$1000 cash prize.

\$1000 CASH PRIZE EVENT:

Competitors will race to throw a SMASH Bag for a distance of 100 yards. Fastest time to get a bag across the finish line wins. Order will be randomly drawn. Athletes will start with hands off the bag and may begin throwing when the judge says GO. Each athlete will be using a weight appropriate for their relative weight class. Example: a LWW, MWM and HWM may all be

randomly drawn to race at the same time. The Lightweight Woman will use a SMASH Bag appropriate for her weight class, the Middleweight Man will use a weight appropriate for his class, etc. If the MWM gets his bag across the finish line in faster time than anyone else, he wins the cash prize.

Throwbag weights:

LWW: 20lb

MWW: 25

HWW: 30

LWM: 35lb

MWM: 40

HWM: 45

SHWM: 50