



# VIS VIRES II

## Outdoor Strongman Competition

**Saturday, August 22 at The Clark Sports Center**

Weigh-ins and registration starts at 10:00am

Rules review and competition begins at 11:00am

[www.clarksportscenter.com/events/visvires/](http://www.clarksportscenter.com/events/visvires/)

**ClarkSportsCenter**

124 Cty. Hwy. 52, Cooperstown, NY, 13326  
Phone: (607) 547-2800 • Fax: (607) 547-4100  
[www.clarksportscenter.com](http://www.clarksportscenter.com)



## COMPETITION INFORMATION

**Date:** Saturday, August 22, 2009.

**Place:** The Clark Sports Center (124 County Highway 52, Cooperstown, New York, 13326).

**Time:** Weigh-ins and registration will begin at 10:00am. Welcome, rules review and competition will begin promptly at 11:00am.

### Important Notes

- Each event will take place at a different station. All participants will complete each event before the next one begins.
- Rules will be read and explained before the start of each competition. Participants will have the chance to ask questions and to clarify the rules during this time.
- Participants will alternate order for each event to allow for maximum amount of rest time. There will be a short break between events to allow all participants to rest.
- The competition will have a break between 1:00–2:00pm.

## REGISTRATION INFORMATION

### Entrance Fee

- Individual registration received by August 14: **\$35**
- Individual registration on the day of the event: **\$45**

Entrants who pre-register will receive a free muscle shirt. Entrants registering on the day of the competition will receive a muscle shirt if available.

### Payment Instructions

Make checks payable to The Clark Sports Center. Mail payment and completed registration form at the back of this brochure to our address listed below.

### Contact Information

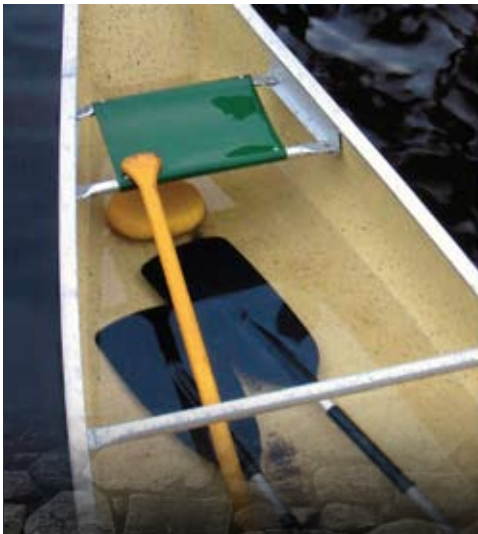
**Mailing Address** • P.O. Box 850,  
Cooperstown, NY 13326

**Physical Address** • 124 County  
Highway 52, Cooperstown, NY 13326

**Phone** • (607) 547-2800

**Fax** • (607) 547-4100

[www.clarksportscenter.com](http://www.clarksportscenter.com)



### Canoe Drag For Maximum Distance

- One attempt for the longest total distance.
- No total time limit for the event.
- Event uses a standard old town canoe with a determined amount of weight.
- Athlete must pull, push, or drag the canoe as far as possible.
- Weight will be added to the canoe by event staff every 10 yards the canoe is pulled.
- Forward motion of the canoe may halt only once during the event. On the second halt of forward motion, the event is completed and distance will be measured.
- The halt may only last for 10 seconds. Judges will count off 10 seconds to the participant.
- Distance will be measured from the front tip of the canoe.

**Male • TBD • Female • TBD**

#### Equipment Allowed

- Belt, chalk, knee wraps or sleeves, wrist wraps, and tacky

#### Equipment NOT Allowed

- Harnesses



### Crucifix Hold For Maximum Time

- One attempt for the best time using standard dumbbells; no time limit.
- Participant may lean against a board to reduce excessive lean back.
- Hands must have palms facing forward, not up or down.
- Staff members may hand dumbbells to the participant.
- The participant must hold the weights straight out from the sides of the torso. A slight bend in the elbows is permitted but if the bend becomes too great the judge has the right to stop the event and record the time.
- Using the fists as a guide, the implements must not go below the chin level or higher than eye level. The athlete may get one warning to correct their form. Next time the level is broken, time will be stopped.
- Judge may read off every 5 seconds.

**Male • 25 lbs. each hand**

**Female • 10 lbs. each hand**

#### Equipment Allowed

- Belt, chalk, knee wraps or sleeves, wrist wraps

#### Equipment NOT Allowed

- Tacky



### Farmer's Carry For Minimum Time

- One attempt for best time.
- A 200' course with a turn at 100'
- 90 second time limit.
- Implement may be set down only once during the course. On the second set down, distance will be measured.
- Various farmer's implements will be used for the carry.
- The implements start with the front of the implement. Measurements are taken from the back of the farthest back implement.
- Time will stop when the whole implement or farthest back implement crosses the finish.
- No excessive sliding will be permitted. Distance will be measured from point of contact, not where the implements slide to.

**Male • 200 lbs. each hand**

**Female • 75 lbs. each hand**

#### Equipment Allowed

- Belt, chalk, knee wraps or sleeves, wrist wraps

#### Equipment NOT Allowed

- Tacky, lifting straps, hooks



### Keg Walk For Minimum Time

- One attempt for best time.
- 100' long course to be traversed four times.
- Four kegs increasing in weight each length.
- Kegs must cross line before next is picked up.
- A keg may be set down only once in each pass.
- Two minute time limit.
- Keg must be held by arms with no setting on shoulders or anything hooked to waist belt.

**Male • 100, 150, 200, & 250 lbs.**

**Female • 50, 75, 100, & 125 lbs.**

#### Equipment Allowed

- Belt, chalk, knee wraps or sleeves, wrist wraps

#### Equipment NOT Allowed

- Tacky



### Log Clean And Press For Reps

- One attempt; 90 second time limit.
- 8" to 12" log with handles 24" to 29" apart.
- Participant may press, push press, push jerk, or split jerk the log overhead to a locked out position.
- Participant must wait for the "good" down signal to get a good lift and continue with the next rep.
- The participant must lower the log under control. No deliberate dropping of the log is allowed. The person may forfeit his attempt in doing so.
- A good lift requires the log locked out under control overhead with arms straight, head thru, legs and feet parallel and stationary.

**Male • 185 lbs.**

**Female • 100 lbs.**

#### Equipment Allowed

- Belt, chalk, knee wraps or sleeves, wrist wraps, elbow sleeves

#### Equipment NOT Allowed

- Tacky, elbow wraps, any item placed within the belt to provide a "shelf", back of belt built up no more than 8 inches wide.



### Tire Flip For Minimum Time

- One attempt for best time.
- 100' long course.
- 60 second time limit.
- The tire will be between 5 to 6 feet tall and 2 to 3 feet wide.
- The tire will start in the upright position with the front of the tire on the starting line.
- The participant may have their hands on the tire at the start.
- When the start signal is given, the athlete must flip the tire end over end throughout the course.
- Rolling of the tire is NOT allowed.
- Once any part of the tire crosses the finish line, time is stopped.
- If the participant cannot make the full course, measurements will be taken from the starting line to the front of the tire.

**Male • One tire**

**Female • One tire**

#### Equipment Allowed

- Belt, chalk, knee wraps or sleeves, wrist wraps, forearm sleeves.

#### Equipment NOT Allowed

- Tacky



## Tire Toss For Maximum Distance

- Three attempts for best distance.
- 60 second time limit for each attempt.
- The participant may use one or two hands to toss the tire.
- The participant may spin to toss the tire. A backwards toss over the head is NOT allowed.
- A standard automobile tire will be used for the toss.
- The participant will have to stay behind a line or barrier.
- The participant must NOT touch, step on, or step over the line or barrier during the attempt. Doing so will forfeit the attempt.
- Distance will be measured from the line or barrier to the point of contact that the tire had with the ground.

**Male • One tire, 25 lbs.**

**Female • One tire, 15 lbs.**

### Equipment Allowed

- Belt, chalk, knee wraps or sleeves, wrist wraps, elbow sleeves.

### Equipment NOT Allowed

- Tacky

## VIS VIRES REGISTRATION FORM

## OFFICE USE ONLY

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ Gender: \_\_\_\_\_

Age: \_\_\_\_\_ Muscle Shirt Size (M-XXL): \_\_\_\_\_

Please enclose payment by check or money order with your registration form (made out to The Clark Sports Center). Send payment to: The Clark Sports Center, Attn: Health & Fitness, P.O. Box 850, Cooperstown, New York, 13326.





P.O. Box 850

Cooperstown, NY 13326