



# VIS VIRES III

## Outdoor Strongman Competition

**Saturday, July 31 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/vis-vires/](http://www.clarksportscenter.com/events/vis-vires/)

**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, July 31, 2010.

**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 July 30: **\$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

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### **Slater Stone Carry For Minimum Time**

- One attempt for the shorted time to complete the challenge.
- Two minute time limit.
- Athletes must carry four stones, one at a time, to a base with a height of 50 inches.
- Stones will have progressively heavier weight.
- Stone must rest on top of finish platform base.

**Male: TBD • Female: TBD**

#### **Equipment Allowed**

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

#### **Equipment NOT Allowed**

- Harnesses



### **Canoe Drag For Minimum Time**

- One attempt for the shortest time for full course pull.
- Two minute 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.
- Participant may use rope anchored in front to pull the canoe or the harness attached to the canoe.
- 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



### Farmer's Carry For Maximum Distance

- One attempt for maximum distance along a designated course.
- No 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 or weights 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: TBD • Female: TBD 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; handles 24" to 29" apart.
- Log will start on ground for first rep.
- 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.
- The participant must lower the log under control; no deliberate dropping is allowed (forfeit attempt if dropped).
- After press, log must be returned to thigh position (NOT the ground) to start the second rep.
- 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.

