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The 2015 Odd Haugen Strength Classic CHICAGO

Donald E. Stephens Convention Center, Chicago

May 2-3, 2015

The Odd Haugen Strongman Challenge Chicago is a NAS Platinum Plus Level contest OPEN to all qualified NAS member athletes. The top three athletes in each weight class will qualify for the 2015 NAS National Championship and the Men's Heavyweight and Middleweight Champions will receive **ASC Pro Card**, the ALL Champions will get direct invites to the Arnold Amateur World Championship in 2016. **WINNER OF EACH WOMEN'S CATEGORY WILL BE REIMBURSED UP TO \$1,000 FOR PARTICIPATION IN THE 2016 ARNOLD Classic from ASC.** Weight categories are: LWW 150lb; OpenW 151lb and above; LWM 175lb; MWM 231lb; OpenM 232lb and above.

AWARDS:

TROPHIES AND GIFT PACKAGES (TBD) FOR 1ST THROUGH 3TH PLACE WEIGHT CLASS FINNISHERS

Entry Fee: \$100.00 payable with entry form at <http://www.oddehaugen.com/2015-odd-haugen-strength-classic-chicago/>

Expo Entry fee of \$25 per day is WAIVED for registered athletes

Hotel Information: http://www.thefitexpo.com/TFECH_hotel.asp

Format of Competition:

The Odd Haugen Strongman Challenge Chicago will be contested over 5 Disciplines. Athletes' order and pairing in the first Discipline is determined by reverse order of received entry, and announced at the Athletes' Rules Meeting prior to the commencement of the contest. The order in the subsequent Disciplines shall be the reverse order of OVERALL standing (not previous Discipline). Ties in the overall standing shall be broken by finish in previous Discipline. If a Discipline is contested in pairs or groups, the "lane" assignments must be uniformly applied "odd" in left lane, "even" in right lane to the all pairs.

Disciplines:	LW women	OPEN women	LW men	MW men	OPEN men
1) Log clean and press for reps	140	180	240	270	300
2) MAS Combat	man-o-man	man-o-man	man-o-man	man-o-man	man-o-man
3) Wheelbarrow deadlift medley	100/125/150	125/150/200	175/200/230	20/230/250	230/250/270
4) Yoke/farmers medley	450/160	500/180	600/220	700/250	800/300
5) Stone over bar for reps.	180ish	220ish	300ish	340ish	385ish

Scoring:

Timed Disciplines shall be hand timed, and distances shall be measured by standard measuring device. The score in a Discipline shall be determined by placement and based on the number of Athletes starting in the first Discipline of the





contest. If an Athlete pass on a Discipline or fail to get a measurable result in a Discipline, he will receive zero (0) points (i.e. fails to get one repetition in a Discipline for maximum repetitions, fails to lift the opening weight in a max lift, etc.). **The score for a placement shall remain the same through an entire competition (i.e. if the score for 1st place is 16 points in the first Discipline, it will remain 16 points in subsequent Disciplines even if the field of athletes has been reduced by attrition).**

**Schedule of Events
Friday May 1, 2015**

12Noon –6 PM Weigh-in and check in and NAS Registration *Odd Haugen Strongman Challenge Chicago*

Saturday May 2, 2015

9:00AM – Late weigh-in and check in and NAS Registration *Odd Haugen Strongman Challenge Chicago*

9:30AM - Rules Meeting: Athletes and officials

10:05AM – Introductions of Athletes

10:10AM – Log clean and press for reps

The athletes, competing in pairs will attempt to clean/continental press/jerk an LOG from floor to locked arms overhead for as many reps as possible. Athlete must await referee's "down" signal before returning LOG to floor under control. Each athlete has 60 seconds to complete as many lifts as possible. Most completed lifts win.

11:50 PM: – Combat MAS™: MAS Wrestling

Athletes will compete in double elimination type tournament (exact format to be determined based on number athletes entered in each weight category). Each match is best two of three bouts, athletes seeded based on overall standing. Points as follows: Win 2-0 and receive 3 Points; win 2-1 and receive 2 Points; lose 1-2 and receive 1 Point; and lose 0-2 and receive NO Points.

1:30PM – Wheelbarrow and Deadlift Medley

The athletes, competing in pairs will attempt to lift and push/carry Giant Wheelbarrow 60 feet while picking up and loading sand bags along the way. Multiple set downs and pick-ups are allowed, and upon completing the course athlete will attempt to deadlift the wheelbarrow for as many repetitions as possible within time limit. No grip aids other than chalk allowed. Longest distance or the most deadlift reps wins. The athletes will have 90 seconds time limit to complete course and do as many deadlifts as possible.

3:00PM - Super Yoke and Farmers Medley

The athletes, competing in pairs will each attempt to lift and carry a yoke on their shoulders for 60 feet. Multiple set down allowed, *then pick-up pair of Farmers Walk implements and carry back to starting line.* The athlete will have 60 seconds time limit to complete course. Furthest or fastest time to complete course wins.

4:00PM – Atlas Stone over Bar for Reps

The athletes competing in pairs will each attempt to lift an Atlas stone over a 52-56" high bar for as many times as possible within in a 60 sec time limit.

5:00PM – Strength Challenge Award Ceremony

5:00PM – Early Weigh-In and Registration MAS Wrestling

Disciplines order and rules are subject to refinement and change without notice.

