



**SAN JOSE  
CONVENTION CENTER  
JUNE 13-14, 2015**



## The 2015 Odd Haugen Strength Classic San Jose

San Jose Convention Center, Chicago

June 13-14, 2015

**The Odd Haugen Northern California Strongman Challenge** 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. Weight categories are: LW 150lb; OpenW 151lb and above; LWM 175lb; MWM 231lb; OpenM 232lb and above.

### AWARDS:

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

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

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

### Format of Competition:

**The Odd Haugen Northern California Strongman Challenge** 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) Farmers max distance	160	180	220	250	300
2) Log clean and press for reps	140	180	240	270	300
3) MAS Combat	man-o-man	man-o-man	man-o-man	man-o-man	man-o-man
4) Yoke	450	500	600	700	800
5) Strongman Deadlift for Reps	325	400	500	550	650

### 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





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lift, etc.). **The score for a placement shall remain the same through an entire competition (i.e. if the score for 1<sup>st</sup> 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 June 12, 2015**

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

### **Saturday June 13, 2015**

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

**9:30AM** - Rules Meeting: Athletes and officials

**10:05AM** – **Introductions of Athletes**

**10:10AM** – **Beast Metal Farmers Walk for Distance**

The athletes, competing in pairs will each attempt to *pick-up pair of Farmers Walk implements and carry for as far as they can without dropping*. Furthest distance wins.

**11:30 PM: Beast Metal 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

**12:30PM – – Combat MAS™:**

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. If 5 or less in weight category – Round Robin. 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 in match.

**3:00PM** – **Beast Metal Super Yoke**

The athletes, competing in pairs will each attempt to lift and carry a yoke on their shoulders for 60 feet. Multiple set down allowed, *only before crossing starting line*. The athlete will have 60 seconds time limit to complete course. Furthest or fastest time to complete course wins.

**4:00PM** – **Ivanko Strongman Deadlift for Reps**

The athletes competing in pairs will each attempt to lift an Olympic bar to full lock out for as many times as possible within a 60 sec time limit. No suits. Straps allowed, No bounce allowed. Start and finish lift on referee's signal.

**5:00PM** – **Strength Challenge Award Ceremony**

**4:00PM – 6PM Early Weigh-In and Registration MAS Wrestling**

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

