

HAWG TUFF! LINEMEN CHALLENGE

EVENTS DESCRIPTIONS

EVENT #1

HAWG-ON-A-MISSION!

INDIVIDUAL EVENT CHAMPTION IS ATHLETE WITH BEST TIME IN ONE ATTEMPT AT THE EVENT.

FOR TEAM EVENT CHAMPION AND PLACING - EACH ATHLETE IS TIMED FOR ONE ATTEMPT - AVERAGE OF ALL ELEVEN ATHLETES IS SCORED FOR TEAM POINTS.

EVENT DESCRIPTION

1. ATHLETE WILL THROW MEDICINE BALL FROM STARTING LINE TO DETERMINE WHERE HE WILL START EVENT.
2. ATHLETE WILL SPRINT TO 5 HALF-ROUND DUMMIES AND STEP OVER EACH DUMMY. DUMMIES WILL BE SETUP ON 20 YARD LINE IN A 5 YD. AREA.
3. ATHLETE WILL SPRINT FOR 20 YARDS AND GO THRU ROPES STEPIG IN EACH HOLE OF ROPES
4. ATHLETE WILL SPRINT FOR 10 YARDS AND ZIG ZAG THRU 5 CONES SET IN A 5 YARD SPACE
5. ATHLETE WILL SPRINT 10 YARDS AND ZIG ZAG BETWEEN 5 HALF ROUND DUMMIES SET IN A 5 YARD SPACE.
6. ATHLETE WILL SPRINT TO FINAL 10 YARD LINE AND BEARWALK INTO ENDZONE AND GO AROUND CONE IN END ZONE AND SPRINT BACK TO FINISH LINE 100 YDS. TO ENDZONE WHERE HE STARTED EVENT.

EVENT #2

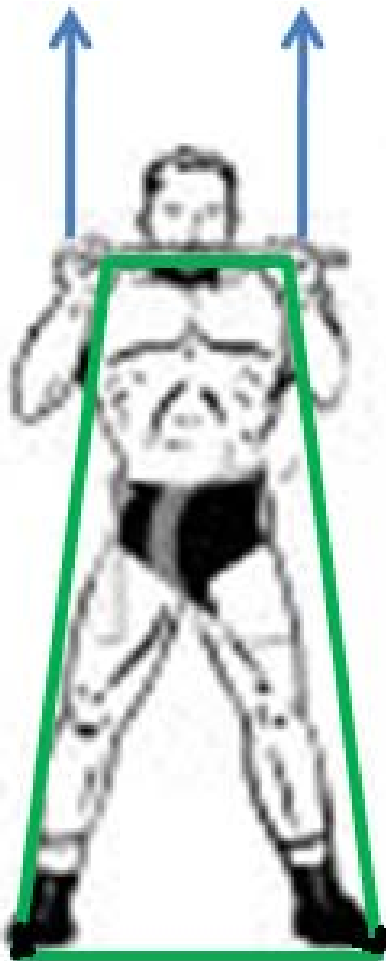
MUSCLEDRIVER BANDS PRESS

EVENT DESCRIPTION

1. ATHLETE WILL PRESS BAND FROM CHEST TO LOCKOUT PRESS POSITION AND REP UNTIL HE REACHES EXHAUSTION LEVEL.
2. ATHLETE MUST NOT REST BETWEEN REPS.

INDIVIDUAL EVENT PLACERS WILL BE DETERMINED BY BEST NUMBER OF MAX REPS. COMPLETED PROPERLY.

TEAM EVENT POINTS WILL BE DETERMINED BY THE AVERAGE REPS OF ALL ELEVEN TEAM MEMBERS.



EVENT #3

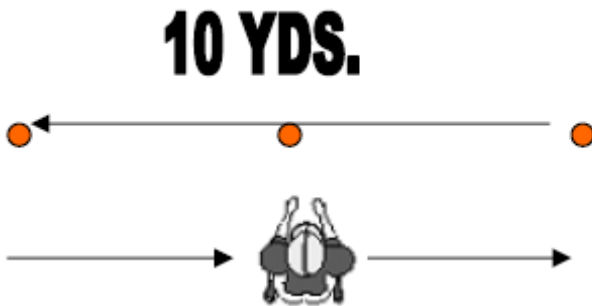
PRO SHUTTLE

EVENT DESCRIPTION

ATHLETE WILL PERFORM THE PRO SHUTTLE TWO TIMES AND HIS BEST TIME WILL BE RECORDED FOR THE COMPETITION.

INDIVIDUAL EVENT PLACERS WILL BE DETERMINED BY BEST TIME RECORDED BY ATHLETES.

TEAM EVENT POINTS WILL BE DETERMINED BY THE AVERAGE BEST TIMES OF ALL ELEVEN TEAM MEMBERS



ATHLETE MAY START TO RIGHT
OR LEFT - MUST TOUCH LINES



EVENT #4

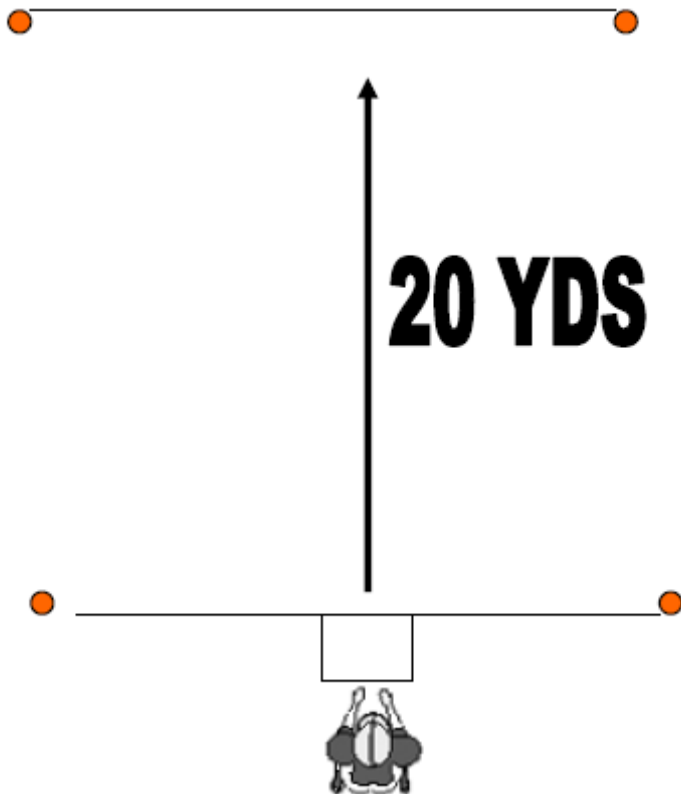
ROOTHAWG

EVENT DESCRIPTION

ATHLETE WILL PERFORM THE ROOT HAWG TWO TIMES AND HIS BEST TIME WILL BE RECORDED FOR THE COMPETITION.

INDIVIDUAL EVENT PLACERS WILL BE DETERMINED BY BEST TIME RECORDED BY ATHLETES.

TEAM EVENT POINTS WILL BE DETERMINED BY THE AVERAGE BEST TIMES OF ALL ELEVEN TEAM MEMBERS



EVENT #5

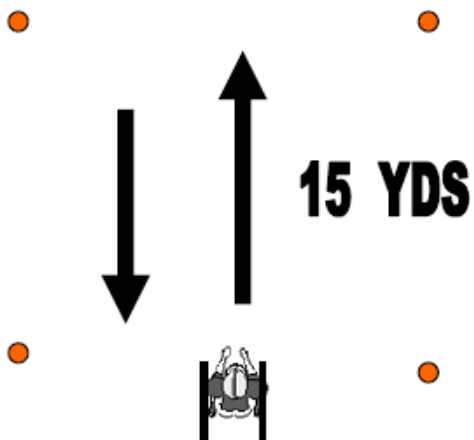
FARMERS WALK

EVENT DESCRIPTION

ATHLETE WILL PERFORM THE FARMERS WALK TWO TIMES AND HIS BEST TIME WILL BE RECORDED FOR THE COMPETITION.

INDIVIDUAL EVENT PLACERS WILL BE DETERMINED BY BEST TIME RECORDED BY ATHLETES.

TEAM EVENT POINTS WILL BE DETERMINED BY THE AVERAGE BEST TIMES OF ALL ELEVEN TEAM MEMBERS



EVENT #6

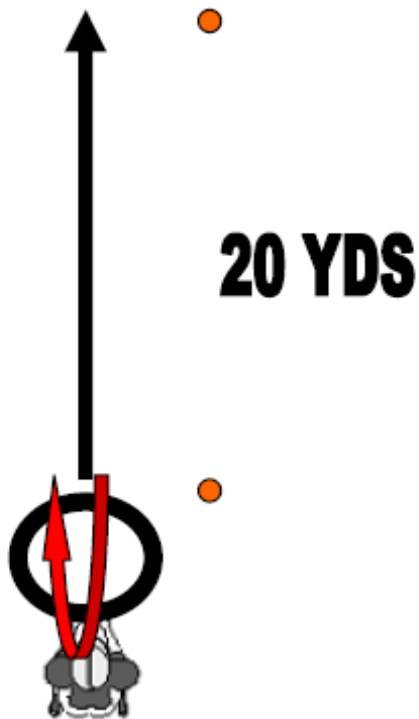
TIRE FLIP

EVENT DESCRIPTION

ATHLETE WILL PERFORM THE TIRE FLIP ONE TIME AND HIS BEST TIME WILL BE RECORDED FOR THE COMPETITION.

INDIVIDUAL EVENT PLACERS WILL BE DETERMINED BY BEST TIME RECORDED BY ATHLETES.

TEAM EVENT POINTS WILL BE DETERMINED BY THE AVERAGES OF ALL ELEVEN TEAM MEMBERS



EVENT #7

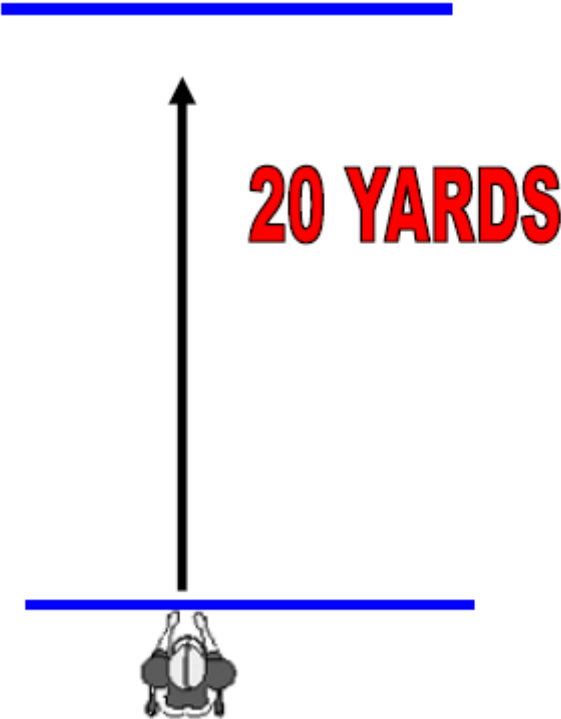
20 YARD DASH

EVENT DESCRIPTION

ATHLETE WILL PERFORM THE 20 YARD DASH TWO TIMES AND HIS BEST TIME WILL BE RECORDED FOR THE COMPETITION.

INDIVIDUAL EVENT PLACERS WILL BE DETERMINED BY BEST TIME RECORDED BY ATHLETES.

TEAM EVENT POINTS WILL BE DETERMINED BY THE AVERAGES OF ALL ELEVEN TEAM MEMBERS



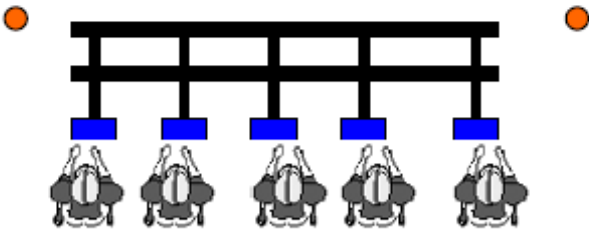
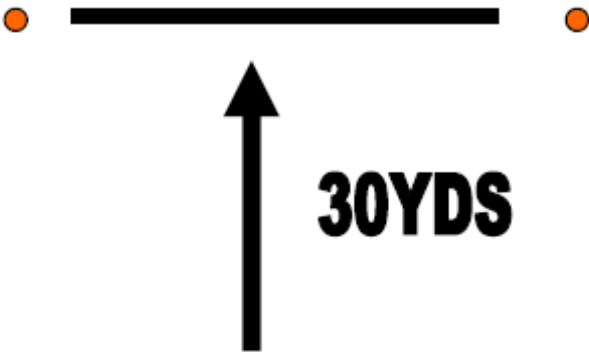
EVENT #8

5 MAN SLED DRIVE

EVENT DESCRIPTION

ATHLETES WILL PERFORM THE 5 MAN SLED DRIVE TWO TIMES AS 2 5-MAN TEAMS AND THE BEST TIME OF EACH 5 MAN GROUP WILL BE ADDED TOGETHER AND WILL BE RECORDED FOR THE COMPETITION.

TEAM EVENT PLACERS WILL BE DETERMINED BY BEST TIME RECORDED BY ATHLETES.



EVENT #1 - 5 MAN SLED DRIVE



POWER – PACKED AND TUFF AS NAILS!



EVENT #9

185 LB. BENCH MAX REPS.

EVENT DESCRIPTION

ATHLETE WILL PERFORM THE 185 LB. BENCH MAX REPS. ONE TIME AND HIS BEST REPS WILL BE RECORDED FOR THE COMPETITION.

INDIVIDUAL EVENT PLACERS WILL BE DETERMINED BY BEST REPS TOTAL RECORDED BY ATHLETES.

TEAM EVENT POINTS WILL BE DETERMINED BY THE AVERAGES OF MAX REPS OF ALL ELEVEN TEAM MEMBERS



ONLY THE STRONGEST

AND THE

TUFFEST.....**SURVIVE!**

EVENT #10

TEAM TUG-OF-WAR TOURNAMENT

EVENT DESCRIPTION

ALL ELEVEN ATHLETES ON EACH TEAM WILL BE INVOLVED IN A DOUBLE - ELIMINATION TUG-OF-WAR TOURNAMENT.

TEAMS WILL RECEIVE 1 ADVANCEMENT POINT FOR EVERY WIN IN THE TOURNAMENT.

TEAM EVENT PLACERS WILL BE DETERMINED BY THE NUMBER OF POINTS ACCUMALTED DURING TOURNAMENT AND BY THE TEAMS PLACE IN TOURNAMENT.

1ST PLACE FINISHER RECEIVES 10PTS. PLUS ADVANCEMENT POINTS

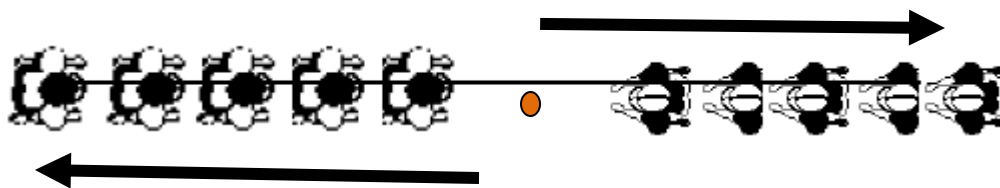
2ND PLACE FINISHER RECEIVES 8 PTS. PLUS ADVANCEMENT POINTS

3RD PLACE FINISHER RECEIVES 6 PTS. PLUS ADVANCEMENT POINTS

4TH PLACE FINISHER RECEIVES 4 PTS. PLUS ADVANCEMENT POINTS

5TH PLACE FINISHER RECEIVES 2 PTS. PLUS ADVANCEMENT POINTS

6TH PLACE FINISHER RECEIVES 1 PT. PLUS ADVANCEMENT POINTS



ELEVEN ON EACH TEAM