

Event List

Chin –up contest

Tug-o-war

Fireman Carry

Rock Lift

Sled Push

Sledge Hammer Hold

Tire Throw

Tire Flip

Cinder Block Relay

Ridgedale Rockets

Scoring

Events will be scored by points and team score will be tallied based on points scored by individuals in each event. Top six places will be scored.

1st place = 6 points

2nd place = 5 points

3rd place = 4 points

4th place = 3 points

5th place = 2 points

6th place = 1 point

A team Plaque will be issued to the team scoring the most points. Medals awarded for top three individual scorers in the competition. Ribbons given to top six scorers in each event.

Dear Coach,

You are invited to take part in the first annual Ridgedale Rockets Strongman Team Competition. I am looking for teams of 10 to participate in the competition. The cost will be \$100 per team and will take place **June 12th**. This event is not limited to just linemen; it is for your 10 strongest athletes to compete. This is an excellent opportunity for your athletes to build team unity and to kick-off summer conditioning programs.

There will be t-shirts available (while they last) during the event as well as concessions. The event will be sponsored by the Ohio National Guard, The Equipment Guys, and Vizual Express. Registration will start at 8:00 a.m. and the events will begin at 10:00. Coaches meeting will take place at 9:30 am.

Family members are encouraged to attend at no cost. The competition will take place outdoors. **In case of inclement weather, the competition will be res-scheduled for _____.**

All checks should be mailed and made payable to Ridgedale Weight Room Fund with entry forms and money by **May 28th**. Please, if you should have any questions contact Tracy Smith at 740-382-6065 Ext. 200 or by email at tsmith@ridgedaleschools.org.

Tentative Schedule

Ridgedale Rockets Strongman Team Competition

June 12th Strongman Competition

8:30 am -9:30 am – Team registration

9:30 am – Coaches meeting

10:00 am- Competition begins

4:00 pm – Final Scores submitted

4:30 pm- Awards Ceremony

Registration Form

School Name: _____

Coach's Name _____

Contact information/email _____

Number Teams Entered _____

Make Checks or Purchase Orders payable to Weight Room Fund in care of Ridgedale Athletic Boosters. **Deadline for registration is May 28th.**

Contact: Tracy Smith 740-382-6065 or tsmith@ridgedaleschools.org

- Return bottom half with payment

Ridgedale Rockets