

BERWICK'S BIG MAN CHALLENGE

Order of Events 2009

9:30am – 10am

- Welcome registration, Rules and Expectations of the competitions

10am

- Active warm-up on own

10:15am

- Bench Press Competition, 185 pounds – Max reps
 - Each team member benches. Take total # team reps and divide by # of team members to get team score. Individual winner will also be awarded. Winning team gets 15 points, second-12, third, 10 and fourth 5. Indy winner gets 5 points to go towards team points.

11am

- Hex Bar Dead Lift Competition, 275 pounds – Max reps
 - Each team member dead lifts with great form! Take total # team reps and divide by # of team members to get team score. Individual winner will also be awarded 5 points to go towards team total.
 - Same rules as bench competition for team and individual points. (15, 12, 10, and

5)

12pm

- Tractor Tire Flip Competition
 - 50 yard tire flip timed. Total team time divided by # of team members. Lowest average team time wins 15 points, second 12, third 10 and fourth 5. Also lowest individual time will count 5 points towards team total.

1pm

- 5 Man Sled Race
 - Pick any 5 from your team (you may have 2 separate teams if you have enough) to push a 5 man sled 50 yards timed. Lowest time wins 15 points. Second – 12 points, Third – 10 points, Fourth – 5 points. No individual times!

2pm

- The Ultimate Wheelbarrow Run
 - 8 fifty pound bags of sand and a wheelbarrow. Load the wheelbarrow, run it 30 yards, dump it, load it again, and run it back. 400 pounds of fun! Each individual is timed. Low team average time wins! Same as the Tire Flip Competition.

3pm

- The Big Man Obstacle Course
 - An assortment of challenges that is timed. Low team average time wins. Same as the Tire Flip and Wheelbarrow competitions.

4pm

- Tug “O” War Single Elimination Tournament
 - Teams will be ranked based on the 5 Man Sled Race. Equal # of team members to a side. (we will adjust to team with least amount of competitors) Winning team gets 15 points and second place gets 10 points.

***At the end of all competitions the team with the most points will be the Big Man Challenge Champion!**