

# **Joe Torrens Memorial**

# ***COLLEGIATE***

# ***TEAM STRONGMAN***

# ***COMPETITION***

**SATURDAY, APRIL 26, 2008 AT 12:30PM**  
**IN THE DENISON UNIVERSITY MITCHELL CENTER**

**TEAMS:** Each team must consist of five competitors, one for each weight class. Teams may be comprised of less than five competitors if necessary. However, the scoring format will remain the same for all teams regardless the number of competitors.

**COLLEGIATE DIVISION:** All team members must be currently enrolled as full-time students or alumni of their respective college or university.

**WOMEN'S DIVISION:** Open to all female competitors (No weight classes).

**OPEN DIVISION:** Open to any competitors not affiliated with a college or university.

<b>WEIGHT CLASSES:</b>	<b>Lightweight (2 Classes)</b>	175lbs & under 176-200lbs
	<b>Middleweight (2 Classes)</b>	201-230lbs 231-265lbs
	<b>Heavyweight (1 Class)</b>	266lbs & over

*\* Competitors can move up a weight class if needed. However competitors may not move into a lighter weight class. Teams must have one competitor for each class for the duration of the competition.*

**ENTRY FEE:** **\$100 per team** (All proceeds will benefit the Joseph Edward Torrens Memorial Fund)

**ENTRY DEADLINE:** **Friday, April 4<sup>th</sup>**

**MAKE CHECKS PAYABLE TO:** Denison University

**MAIL ENTRY FORMS TO:** Mark Watts  
Denison University Strength & Conditioning  
Box 810 – Physical Education Center  
Granville, OH 43023

**WEIGH-INS:** **Friday, April 25<sup>th</sup> between 4pm & 6pm**  
**Saturday, April 26<sup>th</sup> between 9am & 11am**

**RULES CLINIC:** **Saturday, April 26<sup>th</sup> at 11:30pm**

**DIRECTIONS:** <http://www.denison.edu/admissions/travel.html>

**ACCOMODATIONS:** <http://www.denison.edu/admissions/accommodations.html>

**EVENTS:**

**Standing Medicine Ball Throw for Distance**

Overhead backwards throw with a 7kg med ball (5kg for women) for distance – 3 throws total  
Each team member will perform three consecutive throws. All competitors from each team will perform their teams' 15 throws consecutively.

**Clean & Press Team Medley** - maximum number of reps with a 75 second time limit

Each team will need to assign one of their competitors to each of the five events within the medley. Each competitor will perform only one event within the medley. All members of the team will be performing their respective event simultaneously.

- 1.) 10" Steel Log Clean once and press for maximum reps with 210lbs (*80lbs for women*)
- 2.) 2" Axle Clean and Press every rep from the floor with 185lbs (*75lbs for women*)
- 3.) One Kettlebell – 1 Arm Clean and Press every rep from the floor with 88lb kettlebell (*35lbs for women*)
- 4.) Keg Clean & Press every rep from the floor with 115lbs (water filled) (*40lbs for women*)
- 5.) One Dumbbell – 2-Hand Clean once and One-Arm Press for reps with 105lb dumbbell (*45lbs for women*)

**Deadlift Team Medley** with a 75 second time limit (Conventional Only; No Sumo)

Each team will need to assign one of their competitors to each of the five events within the medley. Each competitor will perform only one event within the medley. All members of the team will be performing their respective event simultaneously.

- 1.) Olympic Bar Conventional Deadlift with 335lbs (*110lbs for women*)
- 2.) Olympic Bar Conventional Deadlift with 425lbs (*135lbs for women*)
- 3.) Hex Bar Deadlift with 470lbs (*175lbs for women*)
- 4.) Buffalo Bar Conventional Deadlift with 360lbs (*140lbs for women*)
- 5.) 2" Axle Conventional Deadlift with 295lbs (*120lbs for women*)

**Strongman Medley Team Relay**

Each team will need to assign one of their competitors to each of the five events within the relay. Each competitor will perform only one event within the relay. All members of the team will be performing their respective event simultaneously.

- 1.) Shuttle a 160lb keg (*70lb kegs for women*) 60 feet and run back for next keg for 4 kegs total
- 2.) Backwards Sled Drag for 60 feet with 160lbs (*80lbs for women*)
- 3.) Sled Push with for 45 feet with 200lbs (*70lbs for women*)
- 4.) 450lb Tire (*190lbs tire for women*) flipped end-over-end for 45 feet
- 5.) 650lb Tire (*210lbs tire for women*) flipped end-over-end for 30 feet

**\* Events & weights subject to change**

## TEAM SCORING:

**Standing Medicine Ball Throw**  
**Clean & Press Team Medley**  
**Deadlift Team Medley**  
**Strongman Medley Team Relay**

Total distance of all 5 competitors' best throws  
Total number of combined reps for all 5 competitors  
Total number of combined reps for all 5 competitors  
Time for all 5 competitors to complete relay

## TEAM PLACING:

PLACE	Lone Placing	Two-Way Tie	Three-Way Tie
<b>First</b>	10 points	5 points (no points for 2 <sup>nd</sup> )	3.5 points (no points for 2 <sup>nd</sup> or 3 <sup>rd</sup> )
<b>Second</b>	7 points	3.5 points (no points for 3 <sup>rd</sup> )	2.5 points (no points for 3 <sup>rd</sup> or 4 <sup>th</sup> )
<b>Third</b>	5 points	2.5 points (no points for 4 <sup>th</sup> )	1.5 points (no points for 4 <sup>th</sup> or 5 <sup>th</sup> )
<b>Fourth</b>	3 points	1.5 points (no points for 5 <sup>th</sup> )	1 point (no points for 5 <sup>th</sup> )
<b>Fifth</b>	1 point	.5 points	.5 points

## AWARDS:

All competitors will receive an event T-Shirt. Team trophies will be given for 1<sup>st</sup> place through 5<sup>th</sup> place in the collegiate division and 1<sup>st</sup> through 3<sup>rd</sup> place in the open and women's division. Special Awards will also be given to outstanding individual performances in each event.



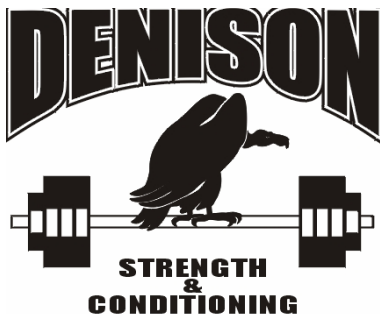
**Joseph Edward Torrens**  
January 7, 1983 - June 16, 2007

## LINKS TO PRESS RELEASES:

[http://athletics.cc.edu/news\\_detail.asp?newsid=1790](http://athletics.cc.edu/news_detail.asp?newsid=1790)

[http://athletics.cc.edu/news\\_detail.asp?newsid=1791](http://athletics.cc.edu/news_detail.asp?newsid=1791)

## Sponsors:



Entry forms available at [www.denison/athletics/strength.html](http://www.denison/athletics/strength.html)  
For more info, contact Mark Watts at (740) 587-5463 or [wattsm@denison.edu](mailto:wattsm@denison.edu)