



FIELD D
POWER

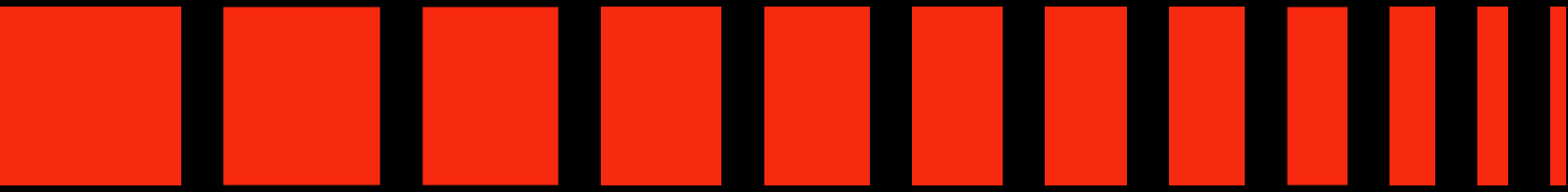
SOUTHERN

WARRIORS

2 0 2 2

EXPERIENCE

OFF ROAD



EVENT *POWER*

TIME CAP: 5 MIN

20 MT FLIP THE PIG

4 SANDBAG SHOULDERING 50 lb

4 SANDBAG SHOULDERING 100 lb

4 SANDBAG SHOULDERING 50 lb

20 MT FLIP THE PIG

RUN TO THE FINISH LINE

SCORE IS TIME



WEIGHT AND VARIATIONS

DIVISION	PIG	SANDBAG (lb)
MAN	86 KG	50 = 4 100 = 4 50 = 4
WOMAN	66 KG	50 = 4 100 = 2 50 = 4



FLOW

- The athlete waits in the starting line. On 3,2,1 go he will take to the pig and perform tilts to take him from the first to the fourth section.
- Once the pig is in the fourth section, the athlete will move to the first sandbag to perform 4 sandbag shouldering, advance to the next sandbag to perform 4 sandbag shouldering; return to the previous sandbag for 4 more shouldering.
- The athlete will then go on to perform tipping of the pig from the fourth to the first section.
- Once the athlete has brought the pig to the first section he will run to the finish line for time.



STANDARD

GROUND TO SHOULDER

The sandbag starts from the ground. Athlete must be in top position with knees locked, hips open and sandbag on shoulder. Touch and go allowed. Back drop not permitted.

FLIP

The athlete will have to perform implement tilts by moving the implement from section to section until the assigned distance is reached.