



FIELD D
POWER

SOUTHERN
WARRIORS
2 0 2 2

REGULAR SENIOR E MASTER
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 150 lb

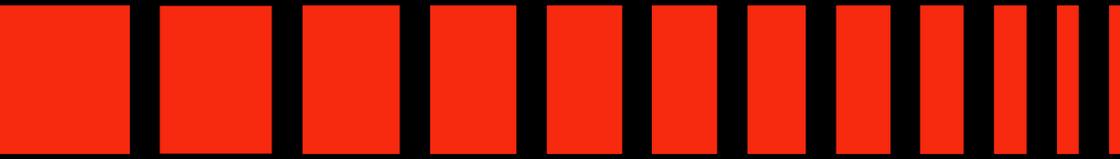
4 SANDBAG SHOULDERING 100 lb

4 SANDBAG SHOULDERING 50 lb

20 MT FLIP THE PIG

RUN TO THE FINISH LINE

SCORE IS TIME



WEIGHT AND VARIATIONS

| DIVISION | PIG | SANDBAG |
|----------------|--------|---|
| REGULAR MAN | 106 KG | 50 = 4 100 = 4 150 = 4 100 = 4 50 = 4 |
| REGULAR WOMAN | 86 KG | 50 = 4 100 = 4 50 = 4 |
| REGULAR MASTER | 106 KG | 50 = 4 100 = 4 150 = 1 100 = 4 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 go to the first sandbag to perform 4 sandbag shouldering, advance to the next sandbag to perform 4 sandbag shouldering; he will then go to the third sandbag and perform 4 sandbag shouldering.
- At this point the athlete will go back to the pig again performing 4 ground do shoulders with the second sandbag and 4 ground do shoulders with the first sandbag.
- The athlete will then go on to perform flips of the pig from the fourth to the first section.
- Once the athlete has brought the pig to the first section the athlete 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.