

2021 Cannonade

Events:

Fingal Fingers:

Athlete will have 60 Seconds to either flip all 5 fingers, or to flip as heavy as they can go for reps. Heavier finger will beat lighter finger, regardless of reps performed on lighter finger. Chalk, wraps, sleeves, belts, gloves allowed. No grip shirts.

Max Log:

Athlete will have 3 attempts total, 60 seconds per attempt. If one attempt is missed, athlete will forfeit any additional attempts. Athlete will jump in at whatever weight increment they wish, and does not have to follow consecutive order. Chalk, wraps, sleeves, belts allowed. No grip shirts. 5lb jumps for women, 10lb jumps for men.

Max Deadlift:

Athlete will have 3 attempts total, 60 seconds per attempt. If one attempt is missed, athlete will forfeit any additional attempts. Athlete will jump in at whatever weight increment they wish, and does not have to follow consecutive order. Chalk, wraps, sleeves, straps, belts allowed. 10lb jumps for women, 25lb jumps for men.

Sandbag carry and load:

Athlete will have 60 seconds to carry the sandbags in ascending order and load over the yoke. Carry distance will be 10 feet. Yoke height will be 42" for women, and 48" for men. Bag must be carried in front of the athlete. Wraps, sleeves, belts allowed.

Duck Walk:

Athlete will have 60 seconds to walk (waddle) the implement 50'. 1 Drop allowed. Chalk, wraps, sleeves, belts allowed.