**DCC Strong Stars - Winter Event**

Teams of 6 (3 girls/3 boys) with girls and boys teams competing against each. Times for the 3 boys/girls will be combined to obtain the position and points scored.

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| **Event** | **Tire Flip** | **Burpee Boxes** | **Strong Man/Woman Carry** | **Shoulder Shredder Pyramid** | **Sledge Push** | **Easy 11’s** |
| **Description** | Competitors to flip the tire from the start line, to a marker line 10 meters away and back again.  Competitors should use a squat position and straight arms to start and not try to lift the tire with the arms and a bent back. | Competitors to start uprights, complete 1 burpee (chest must touch the floor) then jump over the box ensuring both feet touch the top and compete another burpee. 16 reps must be completed. | Competitors to move 6 sandbags/kettle bells, 1 at a time over a 20m distance. The sandbag/kettlebell can be carried in any way. Competitors must walk with the sandbag/kettlebell but can sprint back to collect the next one. | Competitors to complete an overhead press pyramid over 30 meters as follows:  Boys -  12 reps - 10kg  10 reps - 12.5kg  8 reps - 15kg  6 reps - 20kg  Girls will start on 10 reps - 7.5kg, finishing on 4 reps - 15kg. | Competitors to push the weighted sledge up the 20m track. When the back of the sledge reaches the 20 m mark, they push it back down (20m) to the start line. As soon as the competitor pushes the back of the sledge over the start line,, the timer is stopped. | Competitors will complete reps of 11 press ups/squats. Start with 1 press up & 10 squats, 2 press ups & 9 squats etc, final round of 10 press ups and 1 squat. A bench will be used to ensure squat consistency. To ensure pres up consistency, the chest will be lowered to touch a foam brick. |
| **Scoring Format**  **1st - 10 points**  **2nd - 8 points**  **3rd - 7 points**  **4th - 6 points**  **5th - 5 points**  **6th - 4 points** | Timed event, the timer starts when the competitor flips the tire for the first time and is stopped when they flip the front of the tire over the start line. | Timed event, competitors have to complete 16 reps. | Timed event, competitors must move all sandbags (1 at a time) to the end of the course. Timer stops when they cross the line with the last sandbag. | Timed event, competitors will need to complete the pyramid in the fastest time possible. | Timed event, the timer starts when the competitor pushes the sledge and is stopped when they push the back of the sledge over the start line. | Timed event, the timer will stop when the competitor has completed the final 11 (10 press ups & 1 squat). |
| **Demonstration** | [Event 1](https://www.youtube.com/watch?v=44E5KRVFWVQ) | [Event 2](https://www.youtube.com/watch?v=mtfB7xtJ41w) | [Event 3](https://www.youtube.com/watch?v=I_uao8oC8zQ) | [Event 4](https://www.youtube.com/watch?v=8gVEdhS5AEs) | [Event 5](https://www.youtube.com/watch?v=V6zw5TGY2L0) | [Event 6](http://www.menshealth.com/fitness/fitness-challenge-dueling-pushup-and-squat) |

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| Gender | Team 1 | Team 2 | Team 3 | Team 4 | Team 5 | Team 6 |
| Boys |  |  |  |  |  |  |
| Girls |  |  |  |  |  |  |