



STRENGTH QUEST 2011

**Australia's Strongest Man Qualifiers
Melbourne – Sydney – Brisbane – Perth – Adelaide
4th & 5th June 2011 Australia Wide
Open Weight Class & U 105 KG Class**

Events

A Grade Qualifying

H.W.

Super Yolk – 400 k.g -15 meters time or distance.

Log Lift – Max weight 3 attempts to reach max. Starting weight 120 k.g.

Deadlift Max – 3 attempts to reach Max weight ,starting weight 260 k.g.– RAW CAPO / IPF
Rules –No Straps –No Suits.

105 Class.

Super yolk – 320 k.g.-15 meters time or distance.

Log Lift -Max weight 3 attempts to reach max .starting weight 100 k.g.

Deadlift Max- 3 attempts to reach Max weight, starting weight 230 K.G. – RAW CAPO / IPF
Rules –No Straps –No Suits.

Detailed rules to follow.

Certified Equipment.

All equipment must be certified and officially weighted with photo / video proof and documentation on the day of the event. (FASC documentation package will be sent out).

Specifics and dimensions are based on standard equipment in both strongman and powerlifting.

Athletic Director.

A nominated person or persons will be selected as the Athletic director (with at least one assistant referee) on the day to manage the complete event including Referee duties , Rules briefing ,Time management ,Scoring and time keeping ,Score sheets and final results.

The Athletic director must be pre approved by the F.A.S.C. one month prior to the event.

Grading Formula.

A formula will be calculated based on total weight lifted in maximum format (Log & Deadlift) and a formula based on your time or distance in your yolk performance.

For e.g. Yolk 400 K.G. 15 meters in 10 seconds would be 100 pts. ..11 seconds 90 pts ... or distance will have a meter score.

Example.

400 K.G. Yoke 15 Meters in 11.5 second = 85 pts .

If Yoke not completed over distance it would equal a point score i.e. 7.5 meters.

If Yolk not started or either the Log and Deadlift having unsuccessful attempts that Athlete will stop his grading qualification and be advised to attempt a lower grading qualification at a later date.

Reasons for stopping grading qualification (on the day).

1. Athlete cannot lift the Yolk and start the course.
2. After three unsuccessful Attempts on the log with the starting weight.
3. After three unsuccessful attempts on the deadlift.

Log and Deadlift will be weight combined + Yolk point score.

i.e. 150 k.g Log + 300 k.g. Deadlift = 450 + 85 pts (400 @15 mtrs in 11.5 secs)

= A grade 450 k.g/ 85 pts.

All these calculations are subject to change with the intention to simplify the process.

The formula will be similar to a Powerlifting federation.

I.e. Elite 1 – Elite 2 – A grade – B grade – C grade – D grade

The above starting poundage's will be an a A grade starting score... pending further calculations.

Because of the strong interest in this grading concept there has been significant interest from Athletes wanting to achieve a grading be it lower than the A grade Standard for A.S.M. having said this if Qualifying Rounds for the June events allow for time and logistics to stage a "B Grade "or lower format I can provide the starting numbers to facilitate this.

Fee's – The entry fee per qualifier is \$75.00 and is payable to the host promoter.

The Athletes pre qualified for Australia's Strongest Man.

Derek Boyer -Defending Champion.

Warrick Brant – International competitor.

Eben Le Roux –Clash of the Titans Series leader.

George Mac Laren- Top Powerlifter / Strongman

Jeremy Hogg 2nd place Fit X / International competitor.

Marc Wells – 2nd place Clash of the Titans Australia Day.

All other competitors must qualify via the above process.

At This stage there will be 6 spots open from A.S.M. Open to make a field of 12 competitors. Selections are based on overall rankings and scores i.e. if all top 6 qualifiers are from one state then so be it with a further two reserves selected based on results.

All top qualifiers from both Heavy weight and under 105 K.G. will be required to pay an entry fee and all expenses getting to and from the Lismore event, once the qualifiers are completed a full detail of events and information will be released to all athletes including the pre qualified competitors.

U 105 Event.

Aussiepower Events & Strongfit will be running the A.S.M. Under 105 k.g.

Open at this year's Lismore event, the top 12 ranked Athletes Australia wide will be invited to this event based on the results of the Strengthquest grading qualifiers.

All Athletes scores and rankings will be recognized via the FASC and entered into our record data base, all participants from all qualifiers and A.S.M will become automatic probationary members of the FASC...Only financial and senior members have voting rights on decisions at A.G.M 's or other.

The FASC reserves all rights to accept or not accept entries from Athletes based on a code of conduct which will be formatted prior to Strength Quest June 2011.

Qualifying venues confirmed to date.

Fitnace Brisbane – Hosted by Bill Lyndon.

Definition Strongman Melbourne – Hosted by George Mariolas.

Atlas Training Adelaide – Hosted by Ben Madden.

A Generic Entry form for all qualifiers will be available from the www.fasc.com.au web site shortly, you will be required to fill this in and send it to the respective qualifying promoters with your fee no later than 4th May 2011.

There will be further locations for qualifications added shortly.

Qualifiers / Locations are not restricted by one per state with offers to active strongman promoters Australia wide able to apply to stage an event / qualifier, all persons staging qualifiers must be pre qualified via the F.A.S.C. with an application process available upon contact to info@fasc.com.au

Good Luck to All.

**Bill Lyndon
F.A.S.C.**