

# Feats of Strength 2016

**When:** June 4, Saturday, 10 am to 3 pm with short lunch break. Short awards ceremony after.

**How to Register:** Go to <http://www.bayareaseniorgames/2016>; select "sports"; select "Feats of Strength"(last year's results shown there); select "Registration" and register today online. Registration deadline is May 18 Wed. Please email me to let me know you're coming.

**Where:** Dale Harder's backyard (called Harder Arena by some) at 18584 Carlwyn Dr, Castro Valley CA, 94546. On-street parking in front. Will be a sign in the yard. Phone 510-727-0485.

**What:** Competition for seniors age 50+ for both men and women. We will provide free sandwiches and tap water but you're welcome to bring a bag lunch. Please bring a camera and take photos. Age is actual age on June 4, 2016 since we often use age factors to score events. We compete in 5-year age groups: 50-54; 55-59; 60-64...You may try any or all of the seven events. Medals awarded for 1<sup>st</sup> 3 places in each of 7 events for each age group + 1<sup>st</sup> three places overall using Dale's age-factored Harder Points similar to decathlon scoring.

**Seven Events. World age records** may be certified by Dale Harder, head official.

1. Pullups or chin-ups for reps are all the way up and all the way down. No kicking or kipping allowed.
2. Maximum chin-up is scored by adding extra weight to your bodyweight for one rep (best of 3 tries).
3. Standing long jump for distance (3 tries) into a sand pit.
4. Farmer's walk. Race 164 feet (50m) with 3 turns for fastest time. Men thru age 69 use a 100 lb carried in each hand; age 70-79 use 75 lb dumbbells; age 80+ use 50 lb dumbbells. Women thru age 69 use 50 lb dumbbells; age 70-79 use 37 ½ lb dumbbells; age 80+ use 25 lb dumbbells.
5. Dynamometer hand grip test. Squeeze a Baseline dynamometer (3 tries).
6. Standing vertical jump. Jump and touch a wall as high as you can. The height reached minus your standing reach is your jump (3 tries).
7. Deadlift lockout: Lift a barbell from thigh height just high enough to clear the power rack on both sides. 3 tries to lift maximum weight.

Results will be posted in *Dale Harder's Strength & Speed Newsletter*. We will try to have some world and ground records posted if time allows. You may also email me at [DaleHarderEP@gmail.com](mailto:DaleHarderEP@gmail.com) if you have any questions. Thanks.

**We need HELP:** Please email me if you can do any of the following: 1. Help officiate. 2. Help load weights. 3. Help measure jumps. 4. Take videos (you need a camera) for instant replay.