

TOUGHEST COMPETITOR ALIVE (TCA)

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EVENT COORDINATOR: Zim Schwartz

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DATE: Friday, June 19, 2020 at 8:00 AM **Men's Open and Senior Div.**

Sat., June 20, 2020 at 8:00 AM **Men's Master/Grandmasters and Women's Divisions**

LOCATION: Cowan Civic Center 500 East Elm Street, Lebanon, MO

<https://www.lebanonmissouri.org/>

GUIDING BODIES: Can-Am Police-Fire Games Federation, USA Track & Field, US. Swimming Rules & Regulations, U.S. Power Lifting Federation Inc.

SPORT DESCRIPTION: All components are completed in one day. Medals are awarded based on total number of points accumulated. All competitors required to start all stages of the event or be disqualified from competition. All competitors will weigh in morning of competition during the rule's meetings. No gloves allowed for rope climb, bench press, or obstacle course. No Bench Shirts allowed for Bench Press. A rules meeting will be held at 07:00 hrs. at Regalia Hotel, for divisions competing on that day. Meeting is mandatory and failure to attend at 07:00 sharp will result in removal from competition.

Order of Events: 3.1 mile (5 km) run, shot put, 100 M Sprint, 100 M Swim**, 20 foot rope climb, Bench Press, Pull-Ups, and Obstacle Course.

** The swim will be in a 20 meter pool, so 5 lengths of the pool will be required.

This event is capped at 40 competitors per day of Competition. Day 1 Men's open and Senior (40), Day 2 Master, Grandmaster, and All Women's divisions (40). Entries for this event close 24 Hrs. prior to event starting. "There will be no Deck Entries for this event."

EVENT ENTRY CODES

MEN

199 lbs. (90.26 kg) and UNDER

() Open	TC01A
() Senior "A"	TC02A
() Senior "B"	TC03A
() Master "A"	TC04A
() Master "B"	TC05A

- () Grand Master "A" TC06A
- () Grand Master "B" TC07A
- () Grand Master "C" TC08A
- () Grand Master "D" TC09A
- () Grand Master "E" TC10A

200 lbs. (90.72 kg) and OVER

- () Open TC11A
- () Senior "A" TC12A
- () Senior "B" TC13A
- () Master "A" TC14A
- () Master "B" TC15A
- () Grand Master "A" TC16A
- () Grand Master "B" TC17A
- () Grand Master "C" TC18A
- () Grand Master "D" TC19A
- () Grand Master "E" TC20A

WOMEN

- () Open TC01B
- () Senior "A" TC02B
- () Senior "B" TC03B
- () Master "A" TC04B
- () Master "B" TC05B
- () Grand Master "A" TC06B
- () Grand Master "B" TC07B
- () Grand Master "C" TC08B
- () Grand Master "D" TC09B
- () Grand Master "E" TC10B

03/15/2019