

TOUGHEST COMPETITOR ALIVE (TCA)

[return to sport index](#)

EVENT COORDINATOR: Zim Schwartz

EMAIL: zschwartz@springfieldmo.gov

Telephone: 573-808-0340

DATE: Friday, June 29, 2018 at 8:00 AM **Mens Open and Senior Div.**

Saturday, June 30, 2018 at 8:00 AM **Mens Master and Grandmasters and Womens Divisions**

LOCATION: Cowan Center 500 East Elm Street Lebanon, MO 65536

<http://lebanonmissouri.org/Facilities/Facility/Details/Cowan-Civic-Center-34>

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 Cowan Center, for division competing on the same day. Meeting is Mandatory, 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.

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

10/01/2016