



Physical Therapy

2008 Ashleigh Tiller Memorial Classic

There will be five events contested this year:

Medicine Ball Throw Over a 7 foot tall Arch:

The competitor will stand straddling a medicine ball, 35# for women, 65# for men. A command to make ready will be given, immediately followed by "Go." The competitor will squat down and grab the ball and in any manner, throw the ball over the arch. They will then run through the arch, grab the ball and repeat the throw the other way. The clock will run until the ball hits the ground on the last throw. Fastest competitor wins. A word of caution, if the ball fails to clear the arch and comes back at you, let it hit the ground. Do not try to catch it.



Deadlift for Repetitions:

Each competitor will have 60 seconds to perform as many deadlifts as possible. The bar must be lifted from the ground to full extension of the hips and knees with the shoulder behind the bar. The bar must be lowered with a measure of control back to the ground. Dropping the bar will result in that repetition not being counted. Acceptable deadlift technique is a conventional technique with the hands outside the knees. You must wait for the down signal with each repetition. Hitching will be allowed as long as full hip and knee extension are achieved to complete the repetition. For a repetition to be counted before time expires, the down signal must be given. The competitor who performs the most repetitions wins.



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One Arm Dumbbell Clean and Press for Repetitions:

Each competitor will have 60 seconds to perform as many lifts from ground to overhead as possible. The competitor will begin standing straddling the dumbbell. A command to make ready will be given, immediately followed by "Go." The competitor will squat down, grab the dumbbell, and lift it to their chest and then over head. It may be lifted in one motion if the competitor desires. At the top of the lift, the elbow should be straight, hips and knees extended, feet in line with the body, and arm straight overhead. A down signal will be given by the judge. The dumbbell must be lowered so that it touches the ground. The next lift can then begin. For a repetition to be counted before time expires, the down signal must be given. The competitor who performs the most repetitions wins.

Carry and Sled Drag:

Each competitor will stand straddling a sandbag or medicine ball as the case may be. A command to make ready will be given, immediately followed by "Go." At which time the competitor may squat, lay down, or do whatever is necessary for them to lift the bag/ball and walk or run it 50 feet past the line. The bag/ball is to be carried on the chest or stomach. Hand placement is up to the individual. The bag/ball should not be shouldered. It should then be set down to the ground under a measure of control. The competitor will then grab the handle to the sled and drag the sled backwards for 50 feet. The clock will stop when the sled passes the line. The fastest competitor wins.





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Hand over Hand Rope Pull/Prowler Push:

The competitor will stand behind the line with the sled at the far side of a line 50 feet away. A command to make ready will be given, immediately followed by "Go." At this time the competitor will pull the sled forward 50 feet by pulling the rope in hand over hand. When the sled passes the line, the competitor will move to the Prowler. They will grab the handles and push the Prowler forward 50 feet. The clock will stop when the Prowler passes the line. The fastest competitor wins.





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Awards: Trophies will be given to the top 3 men and women in each division as determined by strongman point placement. If there are 20 competitors in a division, 20 points will be given for a first place finish in an event, 19 for second, 18 for third. The competitor with the greatest number of points at the end of competition is the champion.

General Scheduling: Competition will begin at 9 AM promptly. All competitors are expected to be present and ready at 8:30 AM. We will move as quickly as possible from competitor to competitor and from event to event. We will let you know where you stand in the general order of competitors before the day of the event. You are expected to be warmed up and ready for the next event before it is your turn. We hope to be finished by 12:30 PM.

Facilities: The warehouse is a working warehouse. Please confine yourself and your loved ones to the competition area and stay away from the storage and office spaces. There are no changing or locker room facilities. There is a bathroom available but it is a warehouse bathroom. It is not a marble and granite masterpiece. Functional but not pretty. Water and sports drinks may be available for purchase but please bring your own. Please bring your own chair and chairs for any friends or family coming to watch.

One Last Word: I am putting on this competition to have some fun and to honor the memory of Ashleigh Tiller. Ashleigh was a friend and patient who past away at the age of 19 from complications of Cystic Fibrosis and Lung Transplantation. Decisions of the judges are final. Constructive criticism is always valued. I would like this to become a fantastic annual event. Any and all help in achieving that goal is greatly appreciated.

Questions: Please contact me with any problems or questions by phone at 314-821-8304 and by email at tom@theraplus.org