

PRIMAL

STRENGTH & FITNESS

USS Strongman Sanctioned



Flight of the Valkyries Women's Only Novice Strongman Contest

When: Saturday, February 12, 2022

Location: Stoughton Wellness and Athletic Center

2300 US-51 #138, Stoughton, WI 53589

Suite C/Banquet Center

Show Promoters: Sarah MacFarland and James R. Brooks

WE ARE CAPPING THIS CONTEST AT THE FIRST 30

COMPETITORS!

GET REGISTERED AS SOON AS YOU CAN!

Event Information

(608) 515-4057

primalstrengthjames@gmail.com

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Event Details



Divisions & Weight Classes - Novice Women

Class/Weights	LW	HW
Women	Under 165 Pounds	166 Pounds+

Events Matrix

Class	Log Press for Reps 60 Second Time	Yoke and Sandbag Over Bar 30 Feet	Deadlift Medley 3 Deadlifts (fastest time)
LWW Under 165 Pounds	80 Pounds	265 yoke 100 pound sandbag	Standard: 165 pounds Axel: 205 pounds Trap Bar: 230 pounds
HWW Over 166 Pounds	100 Pounds	305 yoke 100 pound sandbag	Standard: 225 pounds Axel: 255 pounds Trap Bar: 280 pounds

[REGISTER HERE](#)

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Registration and Other Fees

\$75 to Compete/\$65 For the First Ten Registrants
Spectators: \$10 for Adults and Teens. Children under 12 are FREE

USS Membership

You must be a current USS Member to Compete. All information will be on Iron Podium.

Important Dates & Schedule

Weigh-in times as listed below are subject to change due to entries received. Check the Facebook event page for updates.

Saturday January 29, 2022 DEADLINE to ENTER

Deadline for guaranteeing an event t-shirt. Every entry receives a t-shirt.

Friday February 11, 2022 - At PRIMAL Strength and Fitness

Weigh-In at PRIMAL Strength and Fitness: Weigh in times are exact.

If you miss a weigh in, you must wait until the next morning.

- **Morning Weigh-ins: 9:00am - 11:00am**
- **Evening: 5:30 pm - 7:30 pm**

Saturday February 12, 2022

Weigh-In at The Event Location 2300 US-51 #138, Stoughton, WI 53589/Banquet Room Suite C

- 9:00 am - 10:00 am - **NO WEIGH-IN's AFTER 10:00 am - No Refunds if you are late**

Event Schedule

- 10:00 am - All Athletes are Checked In
- 10:30 am - Rules briefing & warm-ups
- 11:00 am - Lifting starts promptly at 11:00 am

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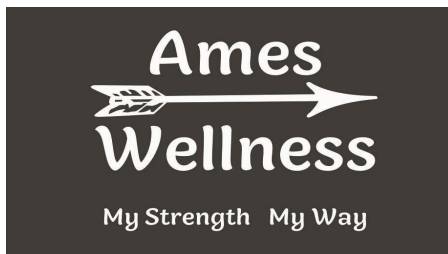
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