



Stoughton Coffee Break Festival Women's Only Showcase of Strength

August 15, 2026

MEET DIRECTORS: Sarah Ames and Kris Horabik
*Email directors@imagineacademywi.org
EVENT LOCATION: Mandt Park - Stoughton, WI

ELIGIBILITY: Open to ALL women and girls - no weigh-ins, no weight classes, ALL FUN

Check-Ins and Fellowship	8:00-8:30am
Rules Meeting	8:30am
Warmups for Event 1	8:45am
Event 1 Begins	9:00am

Spectators Are Free: Please bring a lawn chair and support local vendors and artists.



Lifting a Latte Women's Only Strength Showcase August 15, 2026

1. **Log Press Showdown:** Five logs will be set up in the following order: 44pounds, 60 pounds, 75 pounds, 90 pounds, 110 pounds. Competitors will have 60 seconds to complete all 5 log lifts.
2. **Tire Flip:** We will run two lanes for this event. Women will flip a 250 pound tire for as many flips as possible in 60 seconds.
3. **Last Standing Mammoth Bar Deadlift:** We will run one lane for this event. The bar will be loaded to 150 pounds for the first lift and then increase weight for each successful lift. When an athlete misses a lift, they are out of this event.
4. **Strong Women Cornhole:** We will run two lanes for this event. Competitors will throw three sandbags at a large cornhole board. Bags that land on the board will count as pounds (15 pound bag = 15 points). Bags that go through the hole count as pounds x 3 (20 pound bag through the hole = 60 points). For safety, forward facing throws only.

[REGISTRATION FOR ADULT WOMEN](#)

[T-Shirts for Adult Women](#)

Spectators Are Free: Please bring a lawn chair and support local vendors and artists.



Lifting a Latte Girl's Only Strength Showcase August 15, 2026

1. **Youth Log Press Showdown:** Five logs will be set up in the following order: 4kg, 8kg, 12kg, 16kg, 20kg. Competitors will have 60 seconds to complete all 5 log lifts.
2. **Tire Flip:** We will run three lanes for this event. Lane 1 will be a 40kg (88 pound tire), Lane 2 will be a 60kg (132 pound tire), Lane 3 will be a 250 pound tire. Before the event, girls will have a chance to flip the tire that fits their ability level. When the event starts, girls will have 60 seconds to flip a tire down to a 30 foot line and back to a starting line.
3. **Trap Bar Deadlift for Reps:** We will run three lanes for this event. Lane 1 will have a trap bar loaded with 35 pounds. Lane 2 will have a trap bar loaded with 75 pounds. Lane 3 will have a trap bar loaded with 100 pounds. Girls will have 60 seconds to deadlift and receive a down command for as many reps as possible.
4. **Strong Girls Cornhole:** We will run two lanes for this event. Competitors will throw three sandbags at a large cornhole board. Bags that land on the board will count as pounds (15 pound bag = 15 points). Bags that go through the hole count as pounds x 3 (20 pound bag through the hole = 60 points). For safety, forward facing throws only.

REGISTRATION FOR YOUTH GIRLS

Youth Girls are Free with A T-Shirt Purchase

T-Shirts for Youth Girls

Spectators Are Free: Please bring a lawn chair and support local vendors and artists.



Training Camps Women:

Women's training camps will be held at PRIMAL Strength & Fitness located at 318 S. Forrest Street, Stoughton. Each training session will focus on 2 of the Lifting a Latte events. Cost is \$20 per session per participant. [REGISTER HERE](#)

Date	Time	Events
Monday, June 22, 2026	5:30 - 6:30pm	Log Press & Tire Flip
Sunday, June 28, 2026	7:30 - 8:30am	Deadlift & Cornhole
Monday, July 6, 2026	5:30 - 6:30 pm	Deadlift & Cornhole
Sunday, July 12, 2026	7:30 - 8:30am	Log Press & Tire Flip
Monday, July 20, 2026	5:30 - 6:30 pm	Log Press & Tire Flip
Sunday, July 26, 2026	7:30 - 8:30am	Deadlift & Cornhole
Monday, August 3, 2026	5:30 - 6:30pm	Deadlift & Cornhole
Sunday, August 9, 2026	7:30 - 8:30am	Log Press & Tire Flip

Girls:

Girls training camps will take place at Imagine Academy, located at 2320 Jackson Street, Stoughton. During each training session, girls will have the opportunity to try out all 4 events. Cost is \$15 per girl per session. [REGISTER HERE](#)

Date	Time	Events
Wednesday, June 24, 2026	5:30 - 6:30pm	All Events
Wednesday, July 8, 2026	5:30 - 6:30pm	All Events
Wednesday, July 22, 2026	5:30 - 6:30pm	All Events
Wednesday, August 5, 2026	5:30 - 6:30pm	All Events

Spectators Are Free: Please bring a lawn chair and support local vendors and artists.

Fueled by Coffee



LIFTING A LATTE

2026

Driven by Strength

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