

2025 Arnold Masters Strongman Championship



Weigh-ins and rules meeting are at the Columbus Convention Center Room B233.
The competition is in the Columbus Convention Center Hall C, at the far right corner (from the entrance) of the Arnold Expo.

All times are in local time (EST)

Waiver

If you have not signed the Arnold Sports Festival waiver, you will need to do that before getting your shirts and passes.

[Click here to fill out the waiver.](#) Select "Amateur Strongman" for the Masters Championship.

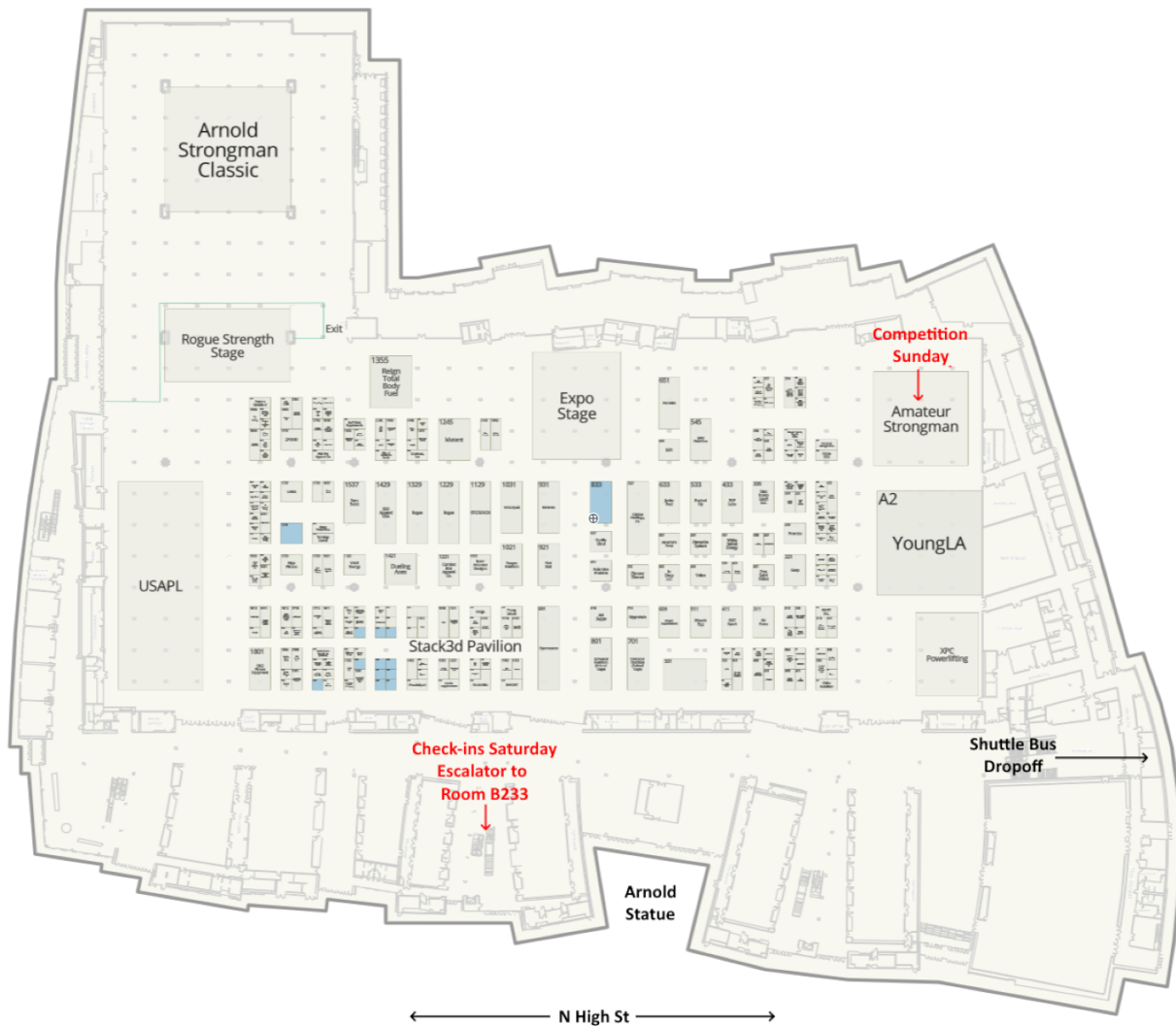
Competitor Questionnaire

Help our commentary team by filling out the questionnaire below!

[Questionnaire](#)

[Floor Plan - 2025 Arnold Sports Festival](#)

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Check-in Day

Saturday, March 1st, 2025 Weigh-ins, Media, and Rules Meeting - Columbus Convention Center Room B233
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9:00 AM - 11:00 AM	Weigh-In / Check-in
11:00 AM - 1:00 PM	Break
1:00 PM - 3:00 PM	Weigh-In / Check-in
3:00 PM - 5:00 PM	Break
5:00 PM - 6:30 PM	Weigh-In / Check-in
6:30 PM	Nathan Payton Contest Prep Peak Nutrition Seminar - Free to attend
7:00 PM	Rules Meeting - Mandatory

Check in Procedure

A men's scale and women's scale will be in the room. Any US athletes that don't have a current Strongman Corporation membership or Pro Card will be asked to purchase their membership. We will verify memberships beforehand, no need to present your membership card unless you just renewed earlier in the day. International athletes, outside of Canada and Mexico, are not required to have Strongman Corporation memberships for 2025. We will also verify that you have signed the [Arnold Sports Festival Waiver](#). Please take care of it early so it'll be on the list we receive from the Arnold.

After getting weight, verifying current membership and have had the waiver filled out, athletes will then be given their shirts, wrist band, and badge. We can give you your coaches pass too if requested.

Headshot

All athletes are required to get a headshot for the live stream. Wear your black athlete shirt for the headshot. You do not need to do it immediately after weigh-in - you can return later in the day. Headshots will be from 5-7pm (before the rules meeting) in room B233-234-235.

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Weight Rules

Athletes must be clothed for weigh-ins. No one will be allowed to weigh-in nude. At minimum, you must cover yourself enough to not break local nudity laws.

Since we didn't have the weight cutoffs posted earlier, we're doing a special allowance for some classes so no one has to cut more than expected. Next year, all weigh-ins will be done in kg and there will be no allowances above your weight class. So next year, if your weight class is 90kg, you'll need to weigh in at 90.0 kg or less.

Competitors can compete in any class they're eligible for, so if you don't make weight, or cross the "50 years old" barrier, you can switch classes to any you're eligible for.

Women's Classes	Special Allowance	Weight Cutoff	Weight Cutoff (lbs)
64kg		64kg	141.1lbs
82kg		82kg	180.8lbs
HW		n/a	n/a

Men's Classes	Special Allowance	Weight Cutoff	Weight Cutoff (lbs)
90kg	1.1kg	91.1kg	200.8lbs
105kg	0.2kg	105.2kg	231.9lbs
HW		n/a	n/a

Early Pass Pickup

Early Expo Pass Pickup is available Thursday and Friday in Convention Center Room B233 during the same check-in hours as above. People will be weighing in so please be patient.

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Competition Day

Sunday, March 2nd, 2025 Amateur Strongman Area	
Masters Strongman Championship	
9:00 AM	Earliest Athlete Arrival
10:00 AM	Slater Max Log Press
11:15 AM	Yoke Height Deadline
11:15 AM	Trap Bar Deadlift
12:15 PM	Rogue Yoke Walk
1:15 PM	Grip Gauntlet
2:45 PM	Cerberus Sandbag/Húsafell Load
3:45 PM	Awards

Notes

All times are estimates. We will start an event early if we get ahead of schedule.

We have very short times between heats. Be ready. We will start whether you're ready or not. The screen and expeditor will tell you when you're up.

Yoke Heights

All competitors **must** get their yoke heights before the Trap Bar Deadlift event starts. There will be a clipboard to write your yoke height on. Yoke height is the number of holes showing above the crossbar.

Event Format

Slater Max Log will be run a group of classes per lane/log. 4 logs total.

Lane 1: 40+ 64kg, 50+ 82kg, and 50+ HW women

Lane 2: 40+ 82kg and 40+ HW women

Lane 3: 40+ 90kg, 50+ 105kg, and 50+ HW men

Lane 4: 40+ 105kg men, and 40+ HW men

Each lane will run on its own clock.

The **Trap Bar Deadlift** will be 4 lanes, head to head, with the lightest weight first. The announcer will be giving the Start commands.

The **Rogue Yoke Walk** will be 4 lanes, head to head, with the lightest weight first. The announcer will be giving the Start commands.

The **Grip Gauntlet** will be 2 lanes, head to head, with the lightest weight first. The announcer will be giving the Start commands.

The **Cerberus Sandbag/Húsafell Loading Medley** will be 4 lanes, two lanes women and two lanes men, with the lightest weights first. Each pair of lanes will go head to head, but both pairs of lanes won't go at once. So the men will get their own start commands from a judge, and the women will get their own start commands from a judge.