

ALBERTA PROVINCIALS 2026

ZEGIL AUTOMOTIVE PRESENTS:





Events/Weights/Rules

Weight Class	Event 1 - Farmers	Event 2 - Overhead	Event 3 - Zercher	Event 4 - Front Hold	Event 5 - Sandbag
Teen Women	120lbs	115, 85, 60	280lbs	22lbs	125, 150, 175
Novice U82kg	130lbs	125, 85, 70	280lbs	22lbs	125, 150, 175
Masters 50+	130lbs	125, 85, 70	280lbs	22lbs	125, 150, 175
Masters U73kg 40+	130lbs	125, 85, 70	280lbs	22lbs	125, 150, 175
U57	130lbs	125, 85, 70	280lbs	22lbs	125, 150, 175
U64	150lbs	140, 85, 70	300lbs	22lbs	125, 150, 175
Novice Open	150lbs	140, 85, 70	300lbs	22lbs	125, 150, 175
Masters Open 40+	150lbs	140, 85, 70	300lbs	27lbs	125, 150, 175
U73kg	160lbs	155, 100, 75	320lbs	27lbs	150, 175, 200
U82kg	180lbs	165, 100, 85	340lbs	27lbs	150, 175, 200
Open Women	180lbs	170, 100, 100	360lbs	27lbs	150, 175, 200
Teen Men	180lbs	165, 100, 100	360lbs	40lbs	200, 225, 250
Novice U105kg	240lbs	225, 120, 110	410lbs	40lbs	200, 225, 250
U80	240lbs	225, 120, 110	410lbs	40lbs	200, 225, 250
Masters 50+	250lbs	255, 120, 130	410lbs	40lbs	225, 250, 275
Masters U105kg 40+	250lbs	255, 120, 130	430lbs	40lbs	225, 250, 275
Novice Open	250lbs	255, 120, 130	430lbs	40lbs	225, 250, 275
U90	250lbs	255, 120, 130	430lbs	50lbs	225, 250, 275
Masters Open 40+	270lbs	275, 150, 140	460lbs	50lbs	225, 250, 275
U105	270lbs	275, 150, 140	460lbs	50lbs	250, 275, 300
U120	290lbs	285, 150, 160	480lbs	50lbs	250, 275, 300
Open Men	300lbs	305, 200, 170	500lbs	50lbs	250, 275, 300

Tie Breaker #1: Countback which athlete had the highest placing, or multiple higher placings.

Tie Breaker #2 (Event 6): Last (wo)man standing Barbell Clean & Press

In the result of a tie for a podium placement or a Nationals spot, a 6th event will determine who wins that spot. Athlete will have 20 seconds to clean and press the barbell and receive a down command from the judge before placing them back down on the drop pads where it will be ready for the other athlete to repeat

the same thing. If you drop the bar after the down command not on the pads, you have the remaining time to reset it nicely for your opponent or else you will be disqualified.

Farmers Carry with turn 50ft + 50ft	Event 1
<p>60 second time limit</p> <p>Athlete will start with hands on. On go, athlete will pick and carry the farmers 50ft towards a barrel where they will walk around it and head back the remaining 50ft. Unlimited drops allowed. No sliding or dragging.</p> <p>Allowed: soft belt, hard belt, wrist wraps, liquid chalk</p> <p>Not Allowed: tacky or anything sticky, stiff briefs, suits, straps</p>	

Overhead Medley Clean and Press Barbell, Odd Object, Circus Dumbbell x2	Event 2
<p>60 second time limit</p> <p>Athlete will start with hands off. On go, athlete will clean and press the barbell for 1 rep. On the down command, athlete will drop the bar on the pads with control and move on to the odd object press for 1 rep. On the down command, athlete will drop the object on the pads with control and move on to the circus dumbbell clean and press for 1 rep ON EACH ARM. You can start with any arm you wish, but to complete the medley, you must press 1 rep on each side, one at a time. Feet must be lined up, elbows locked out and head through to receive any down command.</p> <p>Allowed: soft belt, hard belt, wrist wraps, 1 set of elbow sleeves OR one set of elbow cuffs on each elbow, grip shirt under comp shirt, liquid chalk, belt cleans, vipers, split jerks</p> <p>Not Allowed: tacky or anything sticky, stiff briefs, suits, straps, head press</p>	

Yoke Zercher Carry 50ft

Event 3

60 second time limit

Athlete will start with hands off. On go, athlete will pick and carry the yoke 50ft. The front of the yoke must cross the finish line to complete the run. Unlimited drops allowed. No sliding or dragging. Yoke bar must stay below the shoulders.

Allowed: soft belt, hard belt, elbow sleeves, wrist wraps, grip shirt under comp shirt, liquid chalk

Not Allowed: tacky or anything sticky, stiff briefs, suits, straps, no resting bar on belt

Odd Object Front Hold Max Time

Event 4

no time limit

Athlete will start with hands on. On your own time, athlete will lift object between forehead and chin with arms locked out, head and butt against the yoke at all times, then your time will start. You will get one warning if your implement needs to be higher, lower, or if your head or butt need to be back on the yoke.

Allowed: soft belt, hard belt, elbow sleeves, wrist wraps, liquid chalk

Not Allowed: tacky or anything sticky, stiff briefs, suits, straps

60 second time limit

Did you really think you weren't going to see the Inclusive Fitness Triangle Sandbags ever again???

Athlete will start with hands off. On go, athlete will **shoulder** the first bag with feet lined up, standing up straight, bag off the chest and bicep and one hand off the bag to receive the down command.

Next, athlete will **carry** the second bag 30ft around a barrel (similar to farmers event) and drop it on the mat.

Lastly, athlete will pick and **load** the 3rd and last bag over the yoke bar before time expires. Women: 42" Men: 48"

Allowed: soft belt, hard belt, elbow sleeves, wrist wraps, grip shirt under comp shirt, liquid chalk

Not Allowed: tacky or anything sticky, stiff briefs, suits, straps



Itinerary

SUBJECT TO CHANGE. CHECK BACK REGULARLY

Day 1

Friday, July 10, 2026

9:30 AM - 12:00PM	Weigh-In / Check-in at The Cloherty's Garage Gym - email/DM for address
2:00 PM - 4:00 PM	Weigh-In / Check-in at The Cloherty's Garage Gym
6:00 PM - 7:30 PM	Weigh-In / Check-in at The Cloherty's Garage Gym

Check in Procedure

Check In Assembly Line Check List:

- Athlete SCC Membership (check name and expiry date)
- Athlete weigh in (can weigh in at proper weight class or one above, not below)
- Athlete T shirt
- Athlete goodie bag
- Zercher Yoke Height will be Saturday morning on competition floor

Weight Rules

Athletes must be clothed for weigh-ins. No one will be allowed to weigh-in nude.. Weigh-ins will be in KG. You must be at X.0KG or below.

Competitors can compete one class above the class you qualify at, so if you do not make weight, you can compete in the next class up.

57.0kg	125.62lbs	80.0kg	176.32lbs
64.0kg	141.05lbs	90.0kg	198.36lbs
73.0kg	160.89lbs	105.0kg	231.42lbs
82.0kg	180.72lbs	120.0kg	264.48lbs

Day 2

Saturday, July 11, 2026

9:30 AM	Athlete Arrival
9:30 - 10:45 AM	Zercher yoke heights
11:00 AM	Athlete rules meeting
11:45 AM	First event start
4:00 PM	Awards

 Athletes Lanes

Athlete List on Scoresheet. That will confirm registration and payment.

📄 Alberta Provincials Scoresheet 2026



Venue

Address:

Strathmore Stampede

33 Wheatland Trail, Strathmore, Alberta T1P 1A5



Bathrooms:

-Bathroom Trailer will be provided for athletes and volunteers. Additional indoor bathrooms are also available to the public 500ft away.

Water:

-Limited supply. Bring your own

Chairs:

-BRING YOUR OWN CHAIR

Tents:

-Bring Your Own Tent if you have one. A few will be supplied. Lets make a tent city!

Spectators:

-Spectator bleachers provided. Limited space.

Food Trucks On Site

Bouncy Castle on site

Beer Gardens on site

Free Parking. Free entrance



Athlete Photo Package



Athlete Photo Package Link:
[Purchase Photo Package](#)

Instagram: [@ap.strength.media](#)



Hotel

Plenty of aribnbs in the Strathmore/Chestermere area.

A few hotels in Strathmore

East side of Calgary is a 40 minute drive away

 Livestream

www.youtube.com/@baileydescheneecloherty

Youtube Live

700 Live Scoresheet

Alberta Provincials Scoresheet 2026

Volunteers

Volunteer Schedule and Role Explanations:

Please message **Alberta Strongman Corp** on instagram if your availability changes)

Judge: Make sure the correct athlete is up with the correct scorecard, know all of the rules per event, and official timer. Expected to run with athletes for moving events, but can stay seated for static events.

Judge Assistant: help count reps and write down on athlete cards. Assist judges for all events as they request (ie. watching time for repped events, helping with the measuring tape for distances)

Score Runner: You will stay with the same judge all day. Take athlete cards in your lane from judge/ judge assistant to score table. Once all scores have been entered and ordered for the next event, return them all to your judge or judge assistant. Please stay near scoretable while events are running so the comp floor isn't overpopulated with volunteers. Also assist scorekeepers if needed.

Scorekeepers: (spreadsheet, athlete cards, print athlete order)
1 person typing in scores on the scoresheet. 1 person putting the athlete cards in the correct order for the next event. Then print off the athlete order for the next event and adjust tv screen with correct order). Can also ask score runners with tv if you need help.

Weight Lead: Each will have a cheat sheet with what weights to load onto each implement per event. Direct weight loaders with according weights. Thumbs up when lane is ready for weight class.

Weight Loadersper: load appropriate weight on implement and reset implements. CHANGE LOADERS AS NEEDED to give each other a break. Weight loaders who are not on the comp floor can be getting the next implements ready/helping weight load in the athletes area.

Athlete wrangler: make sure athletes are on deck and in the hole.

Volunteers confirmed so far:

Drew Detmers

Toni Gardner-Johnston

Mackenzie Swane

Joscelyne OBrien

Haley Patyna



Weight Chart by lane

Weight Chart

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Event 2-
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Event 3-
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Event 4-
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Event 5-
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