



## **Rocky Mountain Grip Sport – Spring 2021 Grip Competition**

Saturday, March 13<sup>th</sup>, 2021

Carbondale, Colorado

**Main Events** - Last Man Standing, rising bar  
3"x4" Saxon (Sorinex) – to lockout  
2" Axle (Ironmind) - to lockout  
2" Vertical Bar (FBBC) – 2" lift

### **Optional after contest "Record Breaker" events:**

4 attempts, rising bar:

Adjustable Thick Bar (World of Grip) - hold for time

Gold Bar pinch (World of Grip) – 13" lift to crossbar

Rolling Thunder and Silver Bullet events will be available for anyone wanting to make Armlifting USA Season Rankings and Leader Boards. Armlifting USA membership required to be listed on the Season Rankings and Leader Boards.

Event will be Duel Sanctioned with Grip Sport International (Gripsport.org) and Armlifting USA (ArmliftingUSA.com). Check the websites for records lists and weight classes.

### **Weight Classes for this event:**

Men: Up to 93kg / 93+kg

Women: Open

Awards: Medals for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> in each class

**Entry fee: \$25** paid at sign-in

Limited to 10 competitors

Weigh-ins at 10:00 AM; Lifting starts at 10:30 AM

Covid protocols may be required. New state or local Covid related restrictions might cause the competition to be rescheduled or cancelled (stay at home order, for example).

Co-Promoters:

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### **Location:**

CORE Gym

1117 Village Road

Carbondale, CO