

2010 Arlington Colts 3rd Annual Lineman Challenge

HOSTED BY: AHS FOOTBALL

DATE: Saturday, May 29th

LOCATION: AHS PRACTICE FIELD

ADDRESS: 818 W. Park Row Drive Arlington Texas 76013

CHECK-IN TIME: 8:00-8:30 a.m.

START TIME: 9:00 a.m.

DIVISIONS: VARSITY, JV, FRESHMEN

EVENTS:

TEAM TRUCK PUSH

TEAM TIRE FLIP

BENCH PRESS FOR REPS

SLED DRAG

HAND-OVER-HAND SLED PULL

MEDICINE BALL THROW

FARMERS WALK

Dumb Bell Stack

****THIS WILL BE AN OFFICIAL QUALIFIER FOR THE STATE LINEMAN CHALLENGE IN JULY****

THE WINNERS OF EACH 1A THRU 5A CLASSIFICATION WILL QUALIFY FOR STATE.

INDIVIDUALS PLACING IN THE TOP 3 OVERALL WILL QUALIFY FOR THE INDIVIDUAL COMPETITION AT STATE.

ENTRY FEE: \$10 PER ATHLETE

TEAMS CONSIST OF 5 TO 8 ATHLETES

COMPETITION DIRECTOR: Philip Nelson

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