



2019 Cougars Championship Lineman Challenge



Event 1 – 10:00 AM: 185 pound bench press repetitions. (Individual Scores)
Bar must touch the chest and spotter may not touch bar for the repetition to count.
(5 participants per team) (tournament record is 37 reps by Giovanni White, Lincoln - 2018)
This event will be held on the track in front of the main stadium stands.

Event 2 – 11:00 AM: 2-Man sled push/pull.
1 player will use a harness to pull a 1 man sled, while another player drives it from the back for best time.

Event 3 – 12:00 Noon: Tire Flip Relay. (Team Score)
Players will flip large tires end-over-end, without rolling them in a race against other teams.
(5 participants per team). This will be at the Lower Field.

Event 4 – 1:00 PM: 6-man sled drive (Team Score)
6 man teams will be timed driving a sled across a 25 yard space.
(6 participants per team). This will be at the Lower Field.

Event 5 – 2:00: Tug-of-war. (Team Score)
Team vs Team until we have a winner!
(5 participants per team). This will be at the Lower Field.

Event 6 – 3:00: 4 X 100 Meter Relay. (Team Score)
Find your fastest 4 linemen, and exchange a football in this race. (Centers, Guards & Tackles only)

Lineman Awards – 3:55: Team Champion & Lineman MVP.
Awards will be given out for the team who has earned the most points, as well as to the individual who has been the most dominant throughout the day.

For each event, points will be awarded for the top 5 individual or team placers.

1st place = 5 pts, 2nd place = 4 pts, 3rd place = 3 pts, 4th place = 2 pts, 5th place = 1 pt.

If multiple athletes from one school place in the top 5, they will each earn points for their team score.

Example: Team A has a lineman place 2nd (4 pts) and another lineman place 5th (1 pt) in an event. Team A would receive the combined total of 5 pts for their team score.

AWARDS

2018 Lineman Team Champs – Lake Stevens



2018 Lineman MVP – GioVonni White – Lincoln



3X MVP!!!
2016
2017
2018