



## OTF Big Man Challenge

**Date(s):** June 9<sup>th</sup> and 10<sup>th</sup> 5:30-8:00 PM

**Location:** Off the Field

2204 E Lanark St Suite 100

Meridian, ID 83642

**Participants:**

Varsity Offensive and Defensive Linemen ONLY **(NO TES, LBS, FBS)**

Participant Rosters must be submitted prior to June 6<sup>th</sup>. There will be 5 (Five) participants for EACH event. Everyone on the team MUST participate in a minimum of three events.

**Events:** Bench Press for reps, Med ball throw, VJ, Standing BJ, Tire Flip Relay, Prowler Sled Push, Cone Pull for time (left/right), 5-10-5 pro agility, 20-yard sprint, Team Tug of War

**Itinerary:**

Day 1

1. Bench Press for reps (total reps)
2. Med ball throw (total distance)
3. Vertical Jump (total distance)
4. Standing BJ (total distance)
5. Tire Flip Relay (total time)

Day 2

1. Prowler Sled Push (total time)
2. Cone Pull for time (left/right) (total time)
3. 5-10-5 pro-agility (total time)
4. 20-yd Sprint (total time)
5. Team Tug of War (last team standing)