



SATURDAY
NOVEMBER 15, 2025
9:00 AM - 12:00 PM



HIGHLANDER COMPETITION 2025

LOCATION: SPORTS COMPLEX
NAS WHITING FIELD
MILTON, FL 32570

WEIGH-INS: SATURDAY, NOVEMBER 15TH
8:45 AM TO 9:00 AM

RULES: FRIDAY, NOVEMBER 14TH
5:00 PM TO 7:00 PM (OR)

DIVISIONS: MEN U190; MEN U231; MEN 231+
WOMEN U140; WOMEN U180
MASTERS MEN; MASTERS WOMEN

EVENTS:

1. PRESS MEDLEY
2. KEG OVER BAR
3. WHEEL BARROW-DEADLIFT MEDLEY
4. LIGHTWEIGHT FOR DISTANCE
5. TRUCK PULL
6. ATLAS STONE LOAD

EVENTS SUBJECT TO CHANGE WITHOUT NOTICE



SIGN UP TODAY
AT THE FITNESS CENTER
850-623-7412

