

Heavy Events Detail Schedule	Men	Women
10:30 – 11:00	30 lb Embro stone throw	8 lb Open stone throw
11:00 – 11:30		14 lb Weight for distance
11:30 - 12:00	17 lb Open stone throw	
12:00 – 1:00	Lunch/Tug of War	Lunch/Tug of War
1:00 – 1:30	28 lb Weight for distance	
1:30 – 2:00		16 lb Scottish hammer throw
2:00 – 2:45	22 lb Scottish hammer throw	
2:45 – 3:45		Caber and challenge caber
2:45 – 3:45	Caber and challenge caber	
3:45 – 4:45 4:45	56 lb Weight for height Awards	28 lb Weight for height Awards