

# PORTLAND HIGHLAND GAMES HEAVY ATHLETICS COMPETITION INFORMATION AND RULES



## INFORMATION

- The Registration fee of \$40.00 includes admission to the Games both Friday and Saturday, a T-shirt, sports drinks, and lunch for those who compete on Saturday.
- Optional Shirt Personalization fee \$5.00. Your name or nickname added to the back of your shirt; maximum of 12 characters All personalization will be reviewed by the Athletic Director for appropriateness.
- Entries will be taken on a first come first served basis, class size is limited. To prevent mis-registration, most classes will require an Access Code to complete the registration. No Field registrations.
- No Admission tickets will be mailed. All registered Athletes will have their name on the Heavy Events Gate List. You will need to show ID to enter the games.
- The Heavy Events Order of Events and Competitor Lists will be posted on the PHGA website after July 13<sup>th</sup>.
- Direct all questions to PHG Athletic Director Kaelyne Mowell: kaelynem@phga.org

## DATES & TIMES

**Friday ~ 7/19/19: Check in begins at 12:30pm, Competition begins at 1pm**

**Men C:** male athletes who are no longer Novice but have not reached the B level

**Men Novice:** male athletes who have not competed in a Highland Games before

**Men Master 60+:** male athletes who fit the age category on the day of competition

**Women Novice:** female athletes at the beginner skill level

**Women Light:** female athletes who are no longer Novice, who weigh 150lbs. or less on the day of competition

**Women Master 50+:** female athletes who fit the age category on the day of competition

**Sheaf Toss Challenge (4pm):** open to all Athletes, starting height of 20'

**Keith Wright Memorial Challenge Caber (5pm):** open to all Amateur Athletes who turn the qualifying Caber

**Saturday ~ 7/20/19: Check in begins at 8am, Competition begins at 9am.**

**Men Elite:** male athletes at the highest skill level

**Men A:** male athletes at the advanced skill level

**Men B:** male athletes at the intermediate skill level

**Men Master 40-49:** male athletes, who fit the age category on the day of competition

**Men Master 50-59:** male athletes, who fit the age category on the day of competition

**Men Light:** male athletes who are no longer Novice, who weigh 200lbs. or less on the day of competition.

**Women Elite:** female athletes at the highest skill level

**Women A:** female athletes at the advanced skill level.

**Women B:** female athletes at the intermediate skill level.

**Women Master 40-49:** female athletes who fit the age category on the day of competition

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## EVENTS & PRIZES

All Classes except Novice will contest eight events:

- Open Stone
- Portland Stone
- Light and Heavy Weight for Distance
- Light and Heavy Hammer
- Weight for Height (spinning is allowed at the judge's discretion)
- Caber

Medals will be given for First, Second, and Third place in each individual event.

Class Plaques will be given to the aggregate winner for each class.

Class Prizes will be awarded to the winner, the first runner-up, and the second runner-up.

Novice Classes will contest five events:

- Open Stone
- Light Weight for Distance
- Light Hammer
- Weight for Height
- Caber

Medals will be given for First, Second, and Third place in each individual event.

Class Plaques will be given to the aggregate winner for each class.

### Sheaf Toss Challenge

Cash Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in all three divisions

- Open Men (20lb Sheaf)
- Masters & Lightweight (16lb Sheaf)
- Open Women (10lb Sheaf)

### Keith Wright Memorial Challenge Caber

\$50 Cash Prize and name on Perpetual Trophy

## RULES

- The competition will be conducted per SHA rules ([scottishheavyathletics.com/rules](http://scottishheavyathletics.com/rules)).
- Decisions of the Judges and Athletic Director are final.
- Lightweight Class weigh in will occur the day of competition.
- All Athletes must wear kilt and hose during the competition except the Novice Classes. Any style of kilt and hose is allowed.
- Athletes will be issued a competitor number and a T-shirt, which must be worn throughout the competition. Any Athletes not wearing their number and/or not answering when called will be considered a scratch for that event
- Athletes must participate in all events, unless they become injured, to qualify for Prizes.
- The Athletic Directors reserve the right to move an athlete to the appropriate class; change, combine, or eliminate classes and/or events.
- The PHGA consider the use of performance enhancing substances to be unethical and unsportsmanlike.