

THINK YOU'RE TOUGHER THAN SOME GUY IN A SKIRT?

MEET US IN BUFFALO & WE'LL SEE HOW TOUGH YOU REALLY ARE!

Braemar Stone

Similar to the modern day shot put, contestants are judged on the longest of three tosses, using a 22 pound stone.



Open Stone

Like the braemar, only using a lighter, 18 pound stone.

Weight for Distance

The objective of this strength event is to toss the 28# or 56# weight for distance. The weight is a ball and chain with a handle on the end. Only one hand may be used.



Weight Over Bar

The same weights are thrown one handed over a horizontal bar for height.

**Learn How It Works & Give It A Try On Friday Night
Sanctioned Competitions All Day Saturday**

Heavy Hammer/Light Hammer

A round metal hammer head weighing 22# or 16# with a 50" shaft is thrown for distance.



Sheaf Toss

Using a three-tined pitchfork, the athletes hurl a 16# burlap bag stuffed with straw over a horizontal bar for height.



Caber Toss

The centerpiece of the modern Highland Games, the caber requires strength, balance and timing. A 19', 100-130# log must be heaved end-over-end. This toss is for accuracy, not distance.

Seventh Annual Southwest Missouri

CELTIC HERITAGE FESTIVAL & HIGHLAND GAMES

Sept. 11th & 12th, 2009
Old City Park and Fairgrounds
Buffalo, Missouri

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