## The Farm Workout Competition

## Age Groups: 7-9, 10-12, 13-14, 15-17, 18+

Thursday night: Kids		
	0	Carry Feed Buckets: Sand Bucket, 1 Gal
	0	Sack Race
	0	Fill the water trough.
• Fri	day	night: Adults
	0	Carry Feed Buckets: 3 gal, 5 gal
	0	Tire flip
	0	Hay Toss: Height & Length
\ge:		<del></del>
Pick One:		: Kids:Adults
)ate:		