



Deck The Halls Christmas Classic

A local strongman competition judged by Evan “T-Rex” Singleton, The Strongest Man on Earth. This is a community-focused, gritty strongman-style event with a local feel.

Venue: Carbon Gym

1311 Greshampark Dr, Murfreesboro, TN 37129

Instagram: @carbonboro

Website: <https://carbonboro.com/>

Where your support goes:

- Athlete registrations → go directly toward Evan’s journey to the World’s Strongest Man.
- Sponsorships → help cover event costs (shirts, venue, food, media).

Events

1. Max 18” Deadlift – Rising bar format, 3 attempts, highest successful lift counts.
2. Max Axle Press from Rack – 3 attempts, highest successful lift counts.
3. Heavy Yoke Walk – 25 feet, fastest time wins • 175–200 class: 550 lbs • 200–250 & Masters: 650 lbs • 250+ class: 750 lbs
4. Sandbag Medley – Timed carry/load by class • 175–200 class: 165 / 180 / 200 lbs • 200–250 class: 180 / 200 / 250 lbs • 250+ class: 200 / 220 / 250 lbs

Weight Classes

250+, 225–249.9, 200–224.9, 175–199.9, 174.9 & under, Masters (50+)

Awards

- Medals for top 3 in each weight class
- Deck The Halls & Deadlift The House Award – Heaviest 18” deadlift of the day
- T-Rex Award – Evan Singleton’s personal choice, awarded with a custom T-Rex trophy

Schedule

Athlete check-in & warm-up: 8:30 AM
Event start: 9:30 AM
Awards Ceremony to follow final event

Registration

\$50 entry fee
Limited spots available – registration closes once capped
Register here: <https://www.deckhalls.com/strongman>