



Michigan Indian Family Olympics

EVENT RULES: Farmer's Carry Relay

- **Event Rules:** Two people per team. The team to farmer's carry down to their partner and their partner farmer carry back to the starting line wins pound points depending on total weight carried. Plus 5 completion points.
- **Age Groups (with suggested carry weight):**
 - 30 Yard Relay:**
 - Ages 10-12 = 30 lbs
 - Ages 13-15 = 40 lbs
 - Ages 16-18 = 52 lbs
 - Ages 19-24 = 70 lbs
 - Ages 25-40 = 88 lbs
 - Ages 41-54 = 106 lbs
 - 20 Yard Relay:**
 - Ages 55-60 = 40 lbs
 - Ages 60+ = 20 lbs
- **Points: +5 points for completion**
 - 20-40 lbs carry = 5 points
 - 50-70 lbs carry = 10 points
 - 90-106 lbs carry = 15 points
- **Ages:** Open to ages 10 and up.