



M A S R C



MIG: THE COMEBACK

Technical Package

STRONG PERSON CARRY

UPDATED: April 12, 2021

The Strong Person Carry

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Participant Eligibility

Ancestry

Participants must identify as Indigenous, including Metis, First Nations or Inuit

Age Categories

Students enrolled in grades 7 through 12 are eligible to participate. Winners will be selected in each of the age categories below for each gender (male and female):

- 13U: Ages 11-13
- 16U: Ages 14-16
- 19U: Ages 17-19

*age categories are based on participants age as of May 14, 2021.

IMPORTANT NOTE:

We encourage Physical Education Specialists to engage their entire classes in these events, not only those of Indigenous ancestry. However, please only submit results for those who identify as Metis, First Nations or Inuit.

History of the Strong Man Carry

The strong man carry is a game that was played by the Metis Nation. The game is inspired from the fur-trade days, when many of the voyageurs were of mixed blood¹. Voyageurs were known for their strength and endurance. An example of this strength is when the Voyageurs carried bales weighing up to 90 pounds on their lower back, with the help of a tumpline, often a sash².

Event Setup

- This event can be held with all age categories/genders at once, or separately, whatever is easiest for you. Remember to score each age category and gender separately.
- This event can be indoors or outdoors
- Measure 50 meters in distance, marking the beginning and end (cone, dot, peg, etc.)

Equipment Setup

- Each age category will require a different weighted object to carry on their back for the Strong Person carry (listed below)
- Be creative in making this weighted “Bale”!
 - Bag of flour, sand bag, make your own bale, whatever you want!

¹ Blair Robillard, “Strong Man Carry”, in *Playing with a Great Heart: Restoring the Original Intent of Play through Indigenous Games and Activities* (Winnipeg, Manitoba: Manitoba Aboriginal Sports and Recreation Council, 2019), 36

² Gabriel Dumont Institute of Native Studies and Applied Research, “How To Fingerweave.”

*We encourage you to engage your students in creating your “Bales” and setting up the equipment for this activity!

Event Participation

The MIG 2021 Strong Person competition will consist of both male and female events for 13U, 16U, and 19U age categories. There is an unlimited amount of participants in each category and gender (male/female).

Equipment

- Sashes or other straps
- Weighted Objects:
 - 13U: 5 pounds
 - 16U: 10 pounds
 - 19U: 15 pounds
- Stop watch
- Something to mark the start and end of the 50 meters

Competition Format

- Timed-event
- Tumpline (sash/strap) extends across the forehead of the carrier and a second sash/strap holding the weight can be secured around their waist

Competition Rules

- Participants line up at the start line
- One at a time, when the signal is given, participants run as fast as they can from the start line to the finish line (50 meter dash) while carrying the weight with the tumpline
- Participants each get ONE turn (unless weight falls)
- Participants must balance the weight, if the weight falls off, they may have another attempt
 - Another attempt is only given when the weight has fallen, not for any other reason

Scoring

Participants are timed from the start signal until they cross the finish line. Times will be recorded on their score sheet.

The competitor who has the fastest time will be declared the winner.

Tie Breaking Rules

School/Group Level

In the event of a tie at the school/group level, the following steps shall be followed to declare a winner:

1. The tied participants will have another attempt to break the tie - the competitor who has the fastest time will win the tie
2. If there is still a tie - If one of the tied participants used their second attempt during the competition (weight fell), that participant loses the tie
3. If there is still a tie - the tie will be honoured, those participants will be awarded for that position.

Provincial Level (MASRC)

In the event of a tie at the provincial level, the following steps shall be followed to declare a winner:

1. If one of the tied participants used their second attempt during the competition (weight fell), that participant loses the tie
2. If there is still a tie - The tie will be honoured, those participants will be awarded for that position.
3. If there is still a tie - the tie will be honoured, those participants will be awarded for that position.

Score Cards

MIG 2021 Strong Person Scorecard (Example)

PAGE 1

Name: _____

Age Category (Circle): 13U / 16U / 19U

Gender (Circle): Male / Female

Identifies as (Circle): First Nations / Metis / Inuit / None

PAGE 2

Name	Time Achieved (in seconds)	Tie Break Time (in seconds)

HOW TO USE SCORECARD:

1. Have the participant fill out the information on **page 1** of the scorecard

2. After the participants turn, record the time they took for the 50m dash
3. If participants are tied for time, let them have another turn and record that in the tie-break time column
4. Submit results by May 19, 2021

Awards

All participants of the MIG 2021 Strong Person event across Manitoba will be ranked based on their scoring. A gold, silver and bronze medal will be given to the first, second and third place participants (respectively) in each age category and gender.