

**April 1st, 2023**

**Baptist Healthplex at Mississippi College**

**Men's and Women's Open, Cash,  
Prizes, Vendors, and More!**



**Register at [HTTPS://MASA.ROCKS](https://masa.rocks)**

**Arm Over Arm Truck Pull, Press Medley, Wagon  
Wheel Deadlift, Sandbag Race, Dinnie Hold**