



How to host a Strength Index Competition

Click on the red Strength Index Competition box in the Login section

Competition Rules these are provided so all competitors are competing on equal terms.

My Competitions is the section that allows you to set-up a Strength Index Competition. Fill in the name and time that you want the competition. For example you could have a PE class test at 11:30 am and another competition at 1:30 pm.

Set Up Competition

Use the form below to set up a new competition. Fields in **BOLD** are required.

| Competition Information | |
|-------------------------|--|
| Competition Date | <input type="text" value="11/27/2011"/> (mm/dd/yyyy) |
| Competition Time | <input type="text" value=""/> : <input type="text" value=""/> <input checked="" type="radio"/> am <input type="radio"/> pm |
| Competition Name | <input type="text"/> |
| Coach Name | <input type="text"/> |
| Event Name | <input type="text"/> |
| # Competitors | <input type="text"/> |

Create Competition

Before clicking the Create Competition it is important to know how many competitors you will have. The computer will generate a file for each and charge you one code for each person in the competition. You will need to purchase more codes if the number of competitors exceeds the number of codes you have remaining in your account.



Administration

[Edit Competition](#)

[Edit Athletes](#)

[Open Competition](#)

[View Results](#)

Edit Competition After you set-up a competition you'll see four choices.

Edit Athletes If you make an error in spelling or put in the wrong school name etc. edits can be made for the competition or for the athletes.

Competition Athletes

Test Competition - 10/19/2011 7:00 pm

Below is a list of all athletes who are scheduled to participate in this competition. Use the links provided in the "Administration" column to edit or delete athletes. Once a competition is started, athletes may not be added or deleted.

MEN

| Athlete Name | Age | Weight | Height | Description | Administration |
|--------------|-----|---------|--------|---------------|------------------------------|
| Bill Jones | 17 | 190 lbs | 70 " | Maryvale | Edit Athlete |
| Bill Larson | 18 | 200 lbs | 72 " | Madison | Edit Athlete |
| Joe Larson | 18 | 200 lbs | 72 " | Madison | Edit Athlete |
| Dan Lundberg | 17 | 200 lbs | 70 " | North Phoenix | Edit Athlete |
| Jim Lundberg | 19 | 220 lbs | 72 " | North Phoenix | Edit Athlete |

WOMEN

| Athlete Name | Age | Weight | Height | Description | Administration |
|--------------|-----|---------|--------|---------------|------------------------------|
| Jane Hansen | 18 | 130 lbs | 72 " | Maryvale | Edit Athlete |
| Jesse Jones | 17 | 135 lbs | 64 " | Madison | Edit Athlete |
| Jane Landee | 15 | 135 lbs | 64 " | North Phoenix | Edit Athlete |
| Mary Landee | 18 | 135 lbs | 64 " | North Phoenix | Edit Athlete |

Open Competition When you're ready to start or open the competition. The computer will ask you to select an athlete to begin.

Start/Open Competition

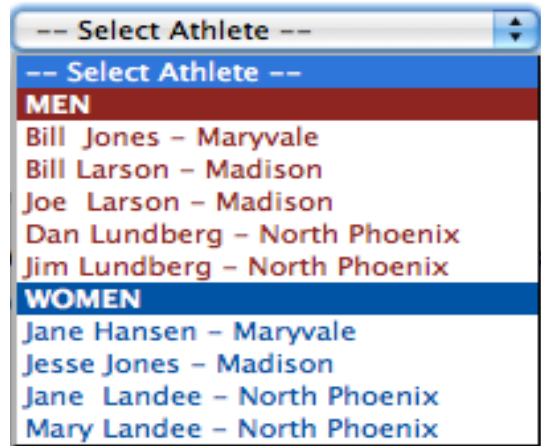
Test Competition - 10/19/2011 7:00 pm

Below is a list of all athletes who are scheduled to participate in this competition. Select an athlete from the drop-down box to enter competition information.



The names are listed alphabetically but the competition usually starts with the person lifting the lightest weight first so the bar always gets heavier until the final competitor has lifted.

Once a name is selected the screen will change to a black screen that can be projected for an audience to see the scores. From here on the athlete names are selected at the top right. Their poundage is entered and the number of repetitions achieved.



EPIC Athletic Performance

Jane Hansen - Maryvale

Weight: 130

Select an Athlete: *
Jane Hansen - Maryvale

Finish Competition

| | Poundage | Reps Completed | 1RM | Points |
|-------------|----------|----------------|-----|--------|
| Hang Clean | 95 | 3 | 104 | 341 |
| Bench Press | 0 | 0 | 0 | 0 |
| Squat | 0 | 0 | 0 | 0 |

Strength Index **341**

Update Leaderboard

COMPETITION RESULTS

| No | Name | Hang Clean | Bench Press | Squat | Strength Index |
|----|-----------------------------|------------|-------------|-------|----------------|
| 1 | Jane Hansen - Maryvale | 0 | 0 | 0 | 0 |
| 2 | Jesse Jones - Madison | 0 | 0 | 0 | 0 |
| 3 | Jane Landee - North Phoenix | 0 | 0 | 0 | 0 |
| 4 | Mary Landee - North Phoenix | 0 | 0 | 0 | 0 |

It is very important for the person entering the scores to UPDATE the LEADERBOARD (blue arrow). This allows the computer to calculate the strength index points based on the athletes bodyweight. In this example the Leaderboard has NOT been updated because there is no score yet posted for Jane Hansen. (red arrow)



Jesse Jones - Madison

Select an Athlete: *

Jesse Jones - Madison

Weight: 135

[Finish Competition](#)

| | Poundage | Reps Completed | 1RM | Points |
|----------------|---------------------------------|--------------------------------|-----|--------|
| Hang Clean | <input type="text" value="95"/> | <input type="text" value="4"/> | 106 | 343 |
| Bench Press | <input type="text" value="0"/> | <input type="text" value="0"/> | 0 | 0 |
| Squat | <input type="text" value="0"/> | <input type="text" value="0"/> | 0 | 0 |
| Strength Index | | | | 343 |

COMPETITION RESULTS

[Update Leaderboard](#)

| No | Name | Hang Clean | Bench Press | Squat | Strength Index |
|----|-----------------------------|------------|-------------|-------|----------------|
| 1 | Jesse Jones - Madison | 343 | 0 | 0 | 343 |
| 2 | Jane Hansen - Maryvale | 341 | 0 | 0 | 341 |
| 3 | Jane Landee - North Phoenix | 0 | 0 | 0 | 0 |
| 4 | Mary Landee - North Phoenix | 0 | 0 | 0 | 0 |

The leaderboard must be updated each time test data is entered so the score can be calculated for that athlete.

Each time Leaderboard is updated with data from the next competitor the leaders are sorted with the index scores automatically showing who is winning the event. In this example the second competitor Jesse Jones is now leading the event by two points.



Jane Landee - North Phoenix

Weight: 135

Select an Athlete: *

Jane Landee - North Phoenix

[Finish Competition](#)

| | Poundage | Reps Completed | 1RM | Points |
|----------------|----------------------------------|--------------------------------|-----|-------------|
| Hang Clean | <input type="text" value="105"/> | <input type="text" value="3"/> | 114 | 360 |
| Bench Press | <input type="text" value="65"/> | <input type="text" value="7"/> | 79 | 462 |
| Squat | <input type="text" value="150"/> | <input type="text" value="9"/> | 191 | 405 |
| Strength Index | | | | 1227 |

COMPETITION RESULTS

[Update Leaderboard](#)

| No | Name | Hang Clean | Bench Press | Squat | Strength Index |
|----|-----------------------------|------------|-------------|-------|----------------|
| 1 | Jane Landee - North Phoenix | 360 | 462 | 405 | 1227 |
| 2 | Mary Landee - North Phoenix | 378 | 483 | 357 | 1218 |
| 3 | Jane Hansen - Maryvale | 341 | 492 | 381 | 1214 |
| 4 | Jesse Jones - Madison | 343 | 470 | 376 | 1189 |

Once the competition is over and all of the test scores have been entered. The host should click the **Finish Competition** button which is located in the upper portion on the right side. This will present the data in a table than can be sorted by any of the columns. Here the Strength Index is sorted with the best on top.

| WOMEN | | | | | Hang Clean | | | | Bench Press | | | | Squat | | | | Strength Index |
|-------|-------|--------|----|-----|------------|------|-----|-----|-------------|------|-----|-----|-------|------|-----|-----|----------------|
| No | First | Last | Ht | Wt | Lbs | Reps | 1RM | Pts | Lbs | Reps | 1RM | Pts | Lbs | Reps | 1RM | Pts | Index |
| 1 | Jane | Landee | 64 | 135 | 105 | 3 | 114 | 360 | 65 | 7 | 79 | 462 | 150 | 9 | 191 | 405 | 1227 |
| 2 | Mary | Landee | 64 | 135 | 115 | 2 | 122 | 378 | 80 | 3 | 87 | 483 | 135 | 2 | 143 | 357 | 1218 |
| 3 | Jane | Hansen | 72 | 130 | 95 | 3 | 104 | 341 | 70 | 6 | 83 | 492 | 130 | 7 | 157 | 381 | 1214 |
| 4 | Jesse | Jones | 64 | 135 | 95 | 4 | 106 | 343 | 75 | 3 | 82 | 470 | 125 | 10 | 163 | 376 | 1189 |



| WOMEN | | | | Hang Clean | | | | Bench Press | | | | Squat | | | | Strength Index | |
|-------|-------|--------|----|------------|-----|------|-----|-------------|-----|------|-----|-------|-----|------|-----|----------------|----------------|
| No | First | Last | Ht | Wt | Lbs | Reps | 1RM | Pts | Lbs | Reps | 1RM | Pts | Lbs | Reps | 1RM | Pts | Strength Index |
| 2 | Mary | Landee | 64 | 135 | 115 | 2 | 122 | 378 | 80 | 3 | 87 | 483 | 135 | 2 | 143 | 357 | 1218 |
| 1 | Jane | Landee | 64 | 135 | 105 | 3 | 114 | 360 | 65 | 7 | 79 | 462 | 150 | 9 | 191 | 405 | 1227 |
| 4 | Jesse | Jones | 64 | 135 | 95 | 4 | 106 | 343 | 75 | 3 | 82 | 470 | 125 | 10 | 163 | 376 | 1189 |
| 3 | Jane | Hansen | 72 | 130 | 95 | 3 | 104 | 341 | 70 | 6 | 83 | 492 | 130 | 7 | 157 | 381 | 1214 |

This chart shows the data sorted with the best hang clean on top. This feature works great for presenting the awards at the end of the competition.

This data can then be saved in an Excel format which gives the user complete freedom to add other data or keep individual files on each athlete.

| WOMEN | | | | Hang Clean | | | | Bench Press | | | | Squat | | | | Strength Index | |
|-------|-------|--------|----|------------|-----|------|-----|-------------|-----|------|-----|-------|-----|------|-----|----------------|----------------|
| No | First | Last | Ht | Wt | Lbs | Reps | 1RM | Pts | Lbs | Reps | 1RM | Pts | Lbs | Reps | 1RM | Pts | Strength Index |
| 1 | Jane | Landee | 64 | 135 | 105 | 3 | 114 | 360 | 65 | 7 | 79 | 462 | 150 | 9 | 191 | 405 | 1227 |
| 2 | Mary | Landee | 64 | 135 | 115 | 2 | 122 | 378 | 80 | 3 | 87 | 483 | 135 | 2 | 143 | 357 | 1218 |
| 3 | Jane | Hansen | 72 | 130 | 95 | 3 | 104 | 341 | 70 | 6 | 83 | 492 | 130 | 7 | 157 | 381 | 1214 |
| 4 | Jesse | Jones | 64 | 135 | 95 | 4 | 106 | 343 | 75 | 3 | 82 | 470 | 125 | 10 | 163 | 376 | 1189 |