

**Strongman Bell Schedule
April 27 – 30th**

TIME	PERIOD
8:25	Warning Bell
8:30 – 9:45	Period 1 - (75)
9:45 – 9:50	Change to Period 2
9:50 – 11:05	Period 2 (75)
11:05 – 12:05	Lunch & Strongman Competition in Gym (60)
12:00	Warning Bell
12:05 – 1:20	Period 3 - (75)
1:20 – 1:25	Change to Period 4
1:25 – 2:43	Period 4 - (78)

**Strongman Bell Schedule
MAY 1st, 2026**

TIME	PERIOD
8:25	Warning Bell
8:30 – 9:32	Period 1 - (62)
9:32 – 9:37	Change to Period 2
9:37 – 10:39	Period 2 (62)
10:39 – 12:34	Lunch – Strongman Finale (115)
12:29	Warning Bell
12:34 – 1:36	Period 3 (62)
1:36 – 1:41	Change to Period 4
1:41 – 2:43	Period 4 (62)