

	ENTRY LEVEL COMPETITION				AMATEUR LEVEL CLASS COMPETITION		
	MEN'S			WOMEN'S			
	WEIGHT CAT.			WEIGHT CAT.		Open Weight Class	
	>220	220+		> 150	150+		
<u>EVENT</u>			<u>EVENT</u>			<u>EVENT</u>	
#1 <u>10" Log Press</u>	150lb	200lb	#1 <u>Log Press</u>	80Lb	100Lb	#1 <u>12" Log Press</u>	250Lb
	Clean and press For Reps			Clean and press For Reps			Clean and press For Reps
#2 <u>Tire Flip</u>	100Ft	100Ft	#2 <u>Tire Flip</u>	80FT	100Ft	#2 <u>Tire Flip</u>	100Ft
	TBA	TBA		TBA	TBA		TBA
	Best time to a limit of 3 min			Best time to a limit of 3 min			Best time to a limit of 3 min
#3 <u>Farmers Carry</u>	100Ft	100Ft	#3 <u>Farmers Carry</u>	80Ft	100Ft	#3 <u>Deadlift</u>	405Lb
	200/hand	250/hand		80/Hand	100/hand		50Lb increments to elimination
	Best time to a limit of 3 min			Best time to a limit of 3 min			
#4 <u>Atlas Stones</u>	180Lb	240Lb	#4 <u>Atlas Stones</u>	100lb	125lb	#4 <u>Atlas Stones</u>	300Lb
	For Reps			For Reps			For Reps
#5 <u>Truck Pull</u>	90Ft	100Ft	#5 <u>Truck Pull</u>	80Ft	90Ft	#5 <u>Truck Pull</u>	100Ft
	Best Time Arm over Arm Pull			Best Time Arm over Arm Pull			Best Time Arm over Arm Pull

NOTE 1 THE FOLLOWING IS PENDING>>>>

The addition of a Teen class 14-18 yrs
The addition of <170lb wgt class for men

BASED ON THE NUMBER OF ENTRIES

NOTE 2 WEIGHTS MAY BE SUBJECT TO CHANGE