

	ENTRY LEVEL COMPETITION					AMATEUR LEVEL CLASS COMPETITION	
	MEN'S			WOMEN'S			
EVENT	WEIGHT CAT.			WEIGHT CAT.		Open Weight Class	
	<180	180-220	220+	>170	170+		
MEDLEY #1							
<u>10" Log Press</u>	125lb	165lb	250lb	75lb	100lb	<u>12" Log Press</u>	250lb
<u>Axle Press</u>	100lb	150lb	175lb	65lb	85lb	<u>Axle Press</u>	200lb
<u>Circus Dumbell</u>	60lb	90lb	135lb	40lb	50lb	<u>Circus Dumbell</u>	135lb
	Clean & press once for each to a max of 90sec.						
MEDLEY #2							
<u>Farmers Carry</u>	100ft	100ft	100ft	50ft	75ft	<u>Farmers Carry</u>	100ft
	100/hand	200/hand	250/hand	80/Hand	100/hand		300/hand
	Best time to a limit of 3 min						
<u>Axle Deadlift</u>	280lb	350lb	420lb	200lb	300lb	<u>Axle Deadlift</u>	500lb
	# Reps in 60 sec			Trap Bar # Reps in 60 sec			
<u>Truck Pull</u>	75ft	100ft	100ft	50ft	75ft	<u>Truck Pull</u>	100ft
	Best Time			Best Time			Best Time

NOTE 1 THE FOLLOWING IS PENDING>>>>

**DEPENDING ON THE NUMBER OF ENTRIES
WEIGHTS MAY BE SUBJECT TO CHANGE**