

Disciplines:	LW women (LWW-150)	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-176)	WW men (MWW-198)	MW men (MMW-231)	HW men (MHW+231)
	2x	2x	2x	2x	2x	2x	2x
<b>(1) Farmers Carry (2x 60 feet)</b>	<b>135lb</b>	<b>165lb</b>	<b>185lb</b>	<b>205lb</b>	<b>245lb</b>	<b>265lb</b>	<b>295lb</b>
<b>(2) Log Lift (clean and press for reps)</b>	<b>133lb</b>	<b>156lb</b>	<b>178lb</b>	<b>200lb</b>	<b>246lb</b>	<b>268lb</b>	<b>290lb</b>
<b>(3) MAS Combat</b> North American Continental Championship	man-o-man	man-o-man	man-o-man	man-o-man	man-o-man	man-o-man	man-o-man
<b>(4) Super Yoke Carry</b>	<b>400lb</b>	<b>460lb</b>	<b>500lb</b>	<b>580lb</b>	<b>620lb</b>	<b>700lb</b>	<b>800lb</b>
<b>(5) MAX Stone of Steel over bar Last Man Standing</b>	<b>17"</b>	<b>17"</b>	<b>17"</b>	<b>20'</b>	<b>20"</b>	<b>20'</b>	<b>20'</b>