

| Disciplines: | | | | | | | |
|--|---------------------------|---------------------------|---------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| (1) Strongman Carry RELAY | LW women (LWW-140) | MW women (MWW-180) | HW women (HWW+180) | LW men (MLW-176) | WW men (MWW-198) | MW men (MMW-231) | HW men (MHW+231) |
| (1A) Duck Walk (60 feet) | 187lb | 207lb | 217lb | 252lb | 287lb | 322lb | 367lb |
| (1B) Husafeld Carry (60 feet) | 187lb | 207lb | 217lb | 252lb | 287lb | 322lb | 367lb |
| (1C) Farmers Carry (60 feet) | 115lb | 155lb | 165lb | 195lb | 205lb | 245lb | 265lb |
| (1D) Super Yoke Carry (60 feet) | 380lb | 420lb | 480lb | 520lb | 560lb | 600lb | 700lb |
| (2) Team Power RELAY | LW women (LWW-140) | MW women (MWW-180) | HW women (HWW+180) | LW men (MLW-176) | WW men (MWW-198) | MW men (MMW-231) | HW men (MHW+231) |
| (2A) Keg Carry (60 feet) | 150lb | 175lb | 200lb | 225lb | 250lb | 275lb | 300lb |
| (2B) Sandbag Carry (60 feet) | 120lb | 140lb | 160lb | 180lb | 235lb | 270lb | 310lb |
| (2C) Sled Push (60 feet) | 325lb | 350lb | 375lb | 400lb | 440lb | 500lb | 600lb |
| (2D) Sled Drag (60 feet) | 325lb | 350lb | 375lb | 400lb | 440lb | 500lb | 600lb |
| (3) Log Lift (c&p for reps) | LW women (LWW-140) | MW women (MWW-180) | HW women (HWW+180) | LW men (MLW-176) | WW men (MWW-198) | MW men (MMW-231) | HW men (MHW+231) |
| Team and Individual Strongman | 133lb | 155lb | 177lb | 199lb | 246lb | 268lb | 290lb |
| (4) Stone of Steel over bar | LW women (LWW-140) | MW women (MWW-180) | HW women (HWW+180) | LW men (MLW-176) | WW men (MWW-198) | MW men (MMW-231) | HW men (MHW+231) |
| Team and Individual Strongman | 120lb | 145lb | 170lb | 210lb | 250lb | 283lb | 338lb |
| (5) MAS Combat | LW women (LWW-140) | MW women (MWW-180) | HW women (HWW+180) | LW men (MLW-176) | WW men (MWW-198) | MW men (MMW-231) | HW men (MHW+231) |
| Individual Strongman, MAS tourney Only | man-o-man | man-o-man | man-o-man | man-o-man | man-o-man | man-o-man | man-o-man |
| (6) Strongman Deadlift (Reps) | LW women (LWW-140) | MW women (MWW-180) | HW women (HWW+180) | LW men (MLW-176) | WW men (MWW-198) | MW men (MMW-231) | HW men (MHW+231) |
| Individual Strongman ONLY | 2x | 2x | 2x | 2x | 2x | 2x | 2x |
| | 330/150kg | 363/165kg | 385/175KG | 450/205KG | 495/225KG | 540/245KG | 660/300 kg |
| (7) Super Yoke and Stone Medley | LW women (LWW-140) | MW women (MWW-180) | HW women (HWW+180) | LW men (MLW-176) | WW men (MWW-198) | MW men (MMW-231) | HW men (MHW+231) |
| Individual Strongman ONLY | 2x | 2x | 2x | 2x | 2x | 2x | 2x |
| (7A) Super Yoke Carry (60 feet) | 420lb | 450lb | 480lb | 520lb | 560lb | 600lb | 780lb |
| (7B) Stone Carry & Load (60 feet) | 110lb | 130lb | 160lb | 185lb | 206lb | 228lb | 283lb |