

Strongman Carry RELAY	LW women (LWW-140)	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)	WW men (MWW-200)	MW men (MMW-231)
(1A) Shield Carry (90 feet)	125lb	150lb	175lb	220lb	240lb	265lb
(1B) Farmers Carry (90 feet)	135lb	155lb	175lb	195lb	215lb	225lb
(1D) Super Yoke Carry (90 feet)	340lb	380lb	420lb	460lb	500lb	560lb
Team Overhead Medley	LW women (LWW-140)	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)	WW men (MWW-200)	MW men (MMW-231)
(2A) Log lift for reps	100lb	120lb	130lb	150lb	170lb	200lb
(2B) Axle Clean and Press for reps	45kg/100lb	50kg/110lb	60kg/132lb	70kg/154lb	80kg/176lb	90kg/198lb
(2C) Dumbell lift for reps	60lb	66lb	75lb	88lb	98lb	110lb
Team Deadlift Medley	LW women (LWW-140)	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)	WW men (MWW-200)	MW men (MMW-231)
(3A) Deadlift with <u>BAR</u> and plates	115kg/253lb	125kg/275lb	140kg/308lb	175kg/385lb	185kg/407lb	195kg/429lb
(3B) Deadlift with <u>Apollon Axle</u> and Wheels	111kg/244lb	121kg/266lb	136kg/299lb	171kg/376lb	181kg/398lb	191kg/420lb
(3C) "CARDeadlift" with side Handles	250lb	300lb	350lb	400lb	430lb	450lb
(4) Combat MAS Challenge	LW women (LWW-140)	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)	WW men (MWW-200)	MW men (MMW-231)

HW men (MHW+231)
290
265lb
640
HW men (MHW+231)
230lb
100kg/220lb
130lb
HW men (MHW+231)
205kg/451lb
201kg/442lb
500lb
HW men (MHW+231)