

YOKE CARRY MAX DISTANCE	LW women (LWW-140)/MASTERS/NOVICE AND TEEN	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)MASTERS/NOVICE AND TEEN	WW men (MWW-200)	MW men (MMW-231)	HW men (MHW+231)
(1D) Super Yoke CarryMAX DISTANCE	340lb	380lb	420lb	460lb	500lb	560lb	640
FLINTSTONE LIFT FOR MAX	LW women (LWW-140)/MASTERS/NOVICE AND TEEN	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)MASTERS/NOVICE AND TEEN	WW men (MWW-200)	MW men (MMW-231)	HW men (MHW+231)
20kg Barbell and 70lb Wagon Wheels			Starting 84kg/184lb				
15kg Barbell and 45lb wheels	Starting 55kg/121lb						
Farmers Deadlift Medley	LW women (LWW-140)/MASTERS/NOVICE AND TEEN	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)MASTER S/NOVICE AND TEEN	WW men (MWW-200)	MW men (MMW-231)	HW men (MHW+231)
(3a) Farmers Carry	135lb	155lb	175lb	210LB	225LB	235LB	265lb
(3b) Deadlift with <u>bar</u> and Wheels	270lb	310lb	350lb	420LB	450LB	470LB	530lb
(4)NATURAL STONE TO SHOULDER	LW women (LWW-140)/MASTERS/NOVICE AND TEEN	MW women (MWW-180)	HW women (HWW+180)	LW men (MLW-175)MASTERS/NOVICE AND TEEN	WW men (MWW-200)	MW men (MMW-231)	HW men (MHW+231)