|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Disciplines:** |  |  |  |  |  |  |  |
| **(1) 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)** | **HW men (MHW+231)** |
| **(1A) Duck Walk (80 feet)** | **185lb** | **210lb** |  **220lb**  | **260lb** | **280lb** | **325lb** | **370lb** |
| **(1B) Farmers Carry (80 feet)** | **115lb** | **155lb** |  **165lb**  | **195lb** | **205lb** | **225lb** | **265lb** |
| **(1D) Super Yoke Carry (80 feet)** | **380lb** | **420lb** |  **480lb**  | **520lb** | **560lb** | **600lb** | **700lb** |
|  |   |   |   |   |   |   |   |
| **(2) Team Overhead 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)** |
| **(2A)Log lift for reps** | **100lb** | **120lb** | **130lb** | **180lb** | **200lb** | **230lb** | **250lb** |
| **(2B) Axle Clean and Press for reps** | **50kg/110lb** | **55kg/121lb** | **60kg/132lb** | **80kg/176lb** | **90kg/198lb** | **100kg/220lb** | **115kg253lb** |
| **(2C) Dumbell lift for reps** | **55lb** | **60lb** | **66lb** | **75lb** | **88lb** | **110lb** | **124lb** |
|  |   |   |   |   |   |   |   |
| **(3) Team Deadlift 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)** |
| **(3A) Deadlift with bar and plates** | **253lb** | **275lb** | **308lb** | **407lb** | **440lb** | **484lb** | **528lb** |
| **(3B) Deadlift with Apollon Axle and Wheels** | **244lb** | **266lb** | **299lb** | **398lb** | **431lb** | **475lb** | **508lb** |
| **(3C) Deadlift with TRAP bar and plates** | **264lb** | **286lb** | **319lb** | **418lb** | **451lb** | **506lb** | **550lb** |
| **(4) Beast War Challenge** | **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)** |