

WEIGHT CLASSES

MENS LIGHTWEIGHT 200 AND UNDER
201-231
HEAVYWEIGHT 265 AND OVER
MASTERS OPEN
NOVICE OPEN

WOMENS CLASS WILL BE ADDED IF ATLEAST 5 ENTRIES ARE RECEIVED NOT
VERBALS. EVENTS WILL BE THE SAME FOR WOMEN WITH ADJUSTMENTS
TO THE WEIGHTS. THE STONES WILL BE 220# STONE OVER THE BAR. ALL
OTHER WEIGHTS WILL BE POSTED WHEN THE CLASS IS ADDED

NOTE ALL EVENTS WILL RUN HEAD TO HEAD

EVENTS

1. YOKE 50' 60 SEC TIME LIMIT, 1 DROP ALLOWED
NOVICE/MASTERS 550#
LIGHT 650#
HEAVY 750#

2. CAR DEADLIFT FOR REPS 60 SEC TIME LIMIT
CAR TBD ASAP
NOVICE/MASTERS/LIGHT 550#
HEAVY 650#

STRAPS ALLOWED
NO SUITS

MUST WAIT FOR THE DOWN COMMAND OR NO CREDIT FOR REP WILL BE
GIVEN.

3. MEDLEY 75 SEC.
NOVICE/ MASTER TIRE FLIP 500# X3, FARMERS 225# X 50', PROWLER
PUSH 350#X50'
LIGHT TIRE FLIP 500#X3, FARMERS 250#X50', PROWLER PUSH 400X50'
HEAVYWEIGHT TIRE FLIP 750#X3, FARMERS 280#X50', PROWLER PUSH
450X50'
SURFACE WILL BE CONCRETE OR INSIDE TRACK TURF
NO TACKY, CHALK ONLY
UNLIMITED DROPS

4. STONES PLATFORM HEIGHT 66,60,54,48,48
NOVICE/MASTERS 220,240,280,300,330
LIGHT 240,260,280,300,360
HEAVY 260,280,300,330,360
TACKY ALLOWED
60 SEC TIME LIMIT
ALL STONES WILL BE ABOUT 3' FROM PLATFORM.

5. AXLE CLEAN AND PRESS
NOVICE 200#
MASTERS 220#
LIGHT 240#
HEAVY 260#

CLEAN ONCE AND PRESS
MUST WAIT FOR DOWN COMMAND FOR REP TO BE COUNTED.
60 SEC TIME LIMIT
2" AXLE WILL BE USED WITH TIRES MOUNTED ON RIMS. PICK HEIGHT
SHOULD BE AROUND 14".

NOTE: ALL EVENTS AND WEIGHTS ARE SUBJECT TO CHANGE