

2020 AAU National

Powerlifting, Olympic Weightlifting, Bench Press, Deadlift,
Push/Pull, Strict Curl, FOS & Strongman Championships!

Bullhead Health Club, 5401 S Highway 95, Fort Mohave, AZ 86426

Date: December 5th & 6th, 2020: Bullhead Health Club, 5401 S Highway 95, Fort Mohave, AZ 86426

Meet Director: Mikel Meadows, 1811 Tejon Dr, BHC, AZ 86442 (928) 234-5774 Mohavemuscle@gmail.com

YOU MAY EITHER POWERLIFT, BENCH, DEADLIFT OR PUSH/PULL, STRICT CURL OR ALL COMBINATIONS!

Testing: Any AAU lifter may be subject to drug testing per the AAU Policy and Procedures.
Eligibility: Must be a current member of the AAU.
Divisions: All weight classes listed below are provided in all divisions for both men and women. *Both Raw and equipped*

Youth (6-7,8-9,10-11,12-13) Raw Teen(14-15,16-17,18-19), Teen(14-15,16-17,18-19) Junior(20-23) Open, Lifetime, Sub-Masters(35-39) Masters 40-44,45-49 etc. in 5 year, Lifetime Masters, Raw Youth, Raw Teen, Raw Junior, Raw Open, Raw Lifetime, Raw Sub masters, Raw Masters (40-44,45-49 etc. in 5 year increments) Raw Lifetime Masters (5 Yrs) Military/ Law/Fire/Military (active, retired, reserves), Disabled by weight and age Blind/Dwarf/Wheel Chair. High School

Weight Classes: Men: + Youth 66, 77, 88, 97, 105 ALL 114,123,132,148,165,181,198, 220, 242, 275,308, 308+

Women: Youth 66, 77, 88, ALL 97,105 114,123,132,148,165,181,198,198 220, 220+

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before event. Regular weigh-ins is 11:00 to 11:30 am the morning of the event. See lifting schedule

Lifting Sched: All lifters 12pm

Awards: Metals 1st to 3rd!

Fees: \$60 for first division entered \$40 crossover, for each additional class.
All lifters must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS: AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG

ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECK-IN !
AS PART OF THE CARD PROCESS, ALL LIFTER AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED.
PROCESS CAN ADD A WEEK TO CARD APPROVAL!

Video Tapes: VIDEOING ALLOWED

NO REFUNDS !!!! Make checks or money orders payable to:

Mikel Meadows,

1811 Tejon Dr, BHC, AZ 86442

(928) 234-5774

Seekprov31@gmail.com

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

2020 AAU National Powerlifting, Bench, Deadlift, Push/Pull and Strict Curl Championships

Name: _____ Phone: _____ A.A.U. # _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ Sex _____
E-Mail address _____

PLACE "P" for Powerlifting "B" for Bench, "D" for Deadlift, "C" For Pushpull "CURL" FOR STRICT CURL
in appropriate block!

Equipped

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Military/ Law/Fire/Military: _____

Lifetime _____ Lifetime Masters _____

Raw

Raw Open: _____: _____ Raw Teen: _____ Raw Youth: _____

RAW HIGH SCHOOL _____

Raw Junior _____ Raw Sub Master: _____ Raw Master: _____

Raw Lifetime _____ Raw Lifetime Masters _____

Raw _ Military/ Law/Fire/Military: _____ Disabled: _____ (specify, Dwarf, Blind, Wheel Chair) High School

AAU Powerlifting Waiver and Consent

In order to be able to participate in this or any other AAU Powerlifting event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAUPC. I agree if I fail or refuse to be tested that I will automatically be disqualified from the event(s) and may be subject to further penalties under the AAU Code. I further consent to the publication of my test results and/or my failure/refusal to test in sole discretion of the AAUPC.

I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU)

I hereby release, discharge and covenant not to sue the AAUPC and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU activity takes place (each considered one of the releases), from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releases or otherwise, relative to the drug testing, the publication(s), or any matter related to this event, and further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, such a claim is made against any of the releases, the undersigned will indemnify, save and hold harmless each of the releases from any litigation expenses, attorneys fees, loss, liability, damage, or cost which may occur as a result of such claim.

The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

Signature: _____ Date: _____

Signature of parent or Guardian: _____ if under age 21

2020 AAU Feats of Strength National Championships

Date: Dec 6th, 2020

Location: Bullhead Health Club, 5401 S Highway 95, Fort Mohave, AZ 86426

Testing: Any adult athlete (age 20+) entered may be subjected to drug testing per the AAU Policies and procedures.

Eligibility: Must be a current member of the AAU.

Divisions: **Youth** (6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19), **Junior** (20-23), **Open** (24-34), **Sub-Masters** (35-39), **Masters** (40-44, 45-49, etc. in 5 year increments), **American Heroes** (Military, Police, Fire, and First Responders)--Age 18+.

Weight Classes: All weight classes listed below are provided in all divisions for **both men and women**.

Men: Youth: 66, 77, 88, 97, 105. **ALL:** 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+

Women: Youth: 66, 77, 88. **ALL:** 97, 105, 114, 123, 132, 148, 165, 181, 198, 198, 220, 220+

Weigh-ins: Regular weigh-ins are 7-8:30am day of competition. Early weigh-ins are 4:00 pm to 5:30 pm the night before competition. You also may weigh in with a powerlifting or weightlifting official outside of these times in accordance with the respective powerlifting and weightlifting fliers/entry forms. You must weigh in for each day of within 24 hours of your competition.

Event Schedule: Sunday, Dec 6th: 9am-12pm

Championship medals will be awarded for 1st through 3rd places in your selected division (either Weight Class/Age Group, Weight Class Open, or Open Unlimited Weight-- for each entered event. See Entry Form on Page 3.

Rules Briefing & Warm-up: 15 min prior to the start of each event.

AAU CARDS: All lifters must have a current AAU membership card.

Adults: Adults must apply online at AAUSports.org. All competitors age 20+ will have a background check performed. Add a week for the background check prior to card approval.

Youth: Youth (ages 6 to 19) may obtain their cards online up until the competition. If you are at the meet and don't have a card yet, use a smart phone and credit card to obtain your card prior to the official weigh-in. Note: The cost of an AAU card is \$24 for Adults and \$16 for youth. Apply for an AAU Powerlifting or Weightlifting membership. Your one-year membership will be valid through August 31, 2020 and will entitle you to participate in the all AAU Strength Sports—Powerlifting, Weightlifting, Feats of Strength, Combines, MAS Wrestling, and Bodybuilding.

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership

2020 AAU Feats of Strength National Championships

Dec 6th, 2020 Bullhead Health Club, 5401 S Highway 95, Fort Mohave, AZ 86426

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Name: _____ Phone: _____ A.A.U. Card # _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ Height _____ D.O.B. _____ Gender _____
E-Mail address _____

AAU Feats of Strength Waiver and Consent for Individual Competitors

In order to be able to participate in this or any other AAU Strength Sports event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAUPC. I agree if I fail or refuse to be tested that I will automatically be disqualified from the event(s) and may be subject to further penalties under the AAU Code. I further consent to the publication of my test results and/or my failure/refusal to test in sole discretion of the AAUPC.

I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU)

I hereby release, discharge and covenant not to sue the AAUPC and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU activity takes place (each considered one of the releases), from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releases or otherwise, relative to the drug testing, the publication(s), or any matter related to this event, and further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, such a claim is made against any of the releases, the undersigned will indemnify, save and hold harmless each of the releases from any litigation expenses, attorney's fees, loss, liability, damage, or cost which may occur as a result of such claim.

The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

Signature: _____ Date: _____

Signature of parent or Guardian: _____ if under age 21

Caps: none!

Video Tapes: VIDEO TAPING ALLOWED

Entry deadline: Day of Competition.

Make checks or money orders payable to:

Mikel Meadows

1811 Tejon Dr, Bullhead City, AZ, 86442

(928)234-5774

Email: seekprov31@gmail.com

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
 - All participants must have a current AAU membership.
 - AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Participants are encouraged to visit the AAU web site www.ausports.org to obtain their membership.

Entry Form--2020 AAU Feats of Strength National Championships

	<u>EVENT DESCRIPTION</u>	
<u>1</u>	<u>Bench Press for Reps (1 attempt, 60-sec limit)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
<u>2</u>	<u>Deadlift for Reps (1 attempt, 60-sec limit)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
<u>3</u>	<u>Strict Curl (max weight, 3 attempts)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
<u>4</u>	<u>Strict Curls for Reps (1 attempt, 60-sec limit)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
<u>5</u>	<u>2" Axle Bar Deadlift (max weight, 3 attempts)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
<u>6</u>	<u>2" Axle Bar Clean & Press (max weight, 3 attempts)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
<u>7</u>	<u>Log Press (max weight, 3 attempts)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
<u>8</u>	<u>Log Press for Reps (1 attempt, 60-sec limit)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
<u>9</u>	<u>Power Clean (max weight, 3 attempts)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
<u>10</u>	<u>Power Clean for Reps(1 attempt, 60-sec limit)</u>	<u>\$30 first class/division</u> <u>\$20 additional class/division</u>
	<u>CIRCLE EVENT NUMBERS</u>	
		<u>\$TOTAL</u>

2020 AAU National Weightlifting and Single Lift Weightlifting and Power Clean Championships

YOU MAY EITHER DO THE FULLWEIGHTLIFTING, OR THE SINGLE LIFTS FOR THE SNATCH OR C&J OR ALL

Date: December 5th

Location: Bullhead Health Club, 5401 S Highway 95, Fort Mohave, AZ 86426

Testing: Any athlete entered may be subjected to drug testing per the AAU Policies and procedures.

Eligibility: Must be a current member of the AAU.

Divisions:

Youth (6-7,8-9,10-11,12-13) **Teen**(14-15,16-17,18-19)**Junior**(20-23) **Open, Sub-Masters**(35-39)**Masters** 40-44,45-49 etc. in 5 year, **Lifetime Masters**), **Law/Fire** (active, retired), **Military**(active, retired, reserves) ,

WEIGHT CLASSES: AS OF JAN 1 WEIGHT CLASSES WILL BE THE SAME AS POWERLIFTING.

LADIES:

30KG, 35KG, 40KG , 44KG, 47.5KG, 52.5KG, 60KG, 67.5KG, 75KG, 82.5KG, 90KG, 100KG, 100+KG

MEN: 30KG, 35KG, 40KG , 44KG, 47.5KG, 52.5KG, 60KG, 67.5KG, 75KG, 82.5KG, 90KG, 100KG, 110KG, 125KG,140KG, 140+KG

Weigh-ins: Early weigh-ins is 6:00-7:30 PM the night before event. Regular weigh-ins is 7:00 am to 8:30 am the morning of the event. See lifting schedule

Lifting Sched:

9:00 A.M 12/05/20 **all Lifters!**

Awards: Metals 1st thru 3rd (MINIMUM) Best lifter awards in many divisions

Fees: \$60 for first division entered \$40 crossover, for each additional class
All lifters must have a current AAU membership card \$24 adult \$14 youth

AAU CARDS

AVAILABLE ONLINE AT WWW.AAUSPORTS.ORG `ALL CARD MUST BE BOUGHT ONLINE PRIOR TO THE MEET AND PRESENTED AT WEIGH-INS/CHECKI-IN ! AS PART OF THE CARD PROCESS, ALL LIFTER AGE 20+ WILL HAVE A BACKGROUND CHECK PERFORMED. PROCESS CAN ADD A WEEK TO CARD APPROVAL:

VIDEOING ALLOWED

NO REFUNDS !!!! Make checks or money orders payable to:

Mikel Meadows,

1811 Tejon Dr, BHC, AZ 86442

(928) 234-5774

Seekprov31@gmail.com

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- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

2020 AAU National Weightlifting and Single Lift Weightlifting and Power Clean Championships

Bullhead Health Club, 5401 S Highway 95, Fort Mohave, AZ 86426

Name: _____ Phone: _____ A.A.U. # _____
Address _____ City _____ State _____ Zip _____
Weight Class _____ Age: _____ D.O.B. _____ Sex _____
E-Mail address _____

PLACE WL for weightlifting, SN for Snatch only or CJ for Clean and Jerk only PC for Power Clean in appropriate block!

Open: _____ Teen _____ Youth _____

Junior _____ Sub Master: _____ Master: _____ Law/Fire: _____

Military _____ Lifetime Masters _____

AAU Weightlifting Waiver and Consent

In order to be able to participate in this or any other AAU Weightlifting event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAUPC. I agree if I fail or refuse to be tested that I will automatically be disqualified from the event(s) and may be subject to further penalties under the AAU Code. I further consent to the publication of my test results and/or my failure/refusal to test in sole discretion of the AAUPC.

I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU)

I hereby release, discharge and covenant not to sue the AAUPC and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU activity takes place (each considered one of the releases), from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releases or otherwise, relative to the drug testing, the publication(s), or any matter related to this event, and further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, such a claim is made against any of the releases, the undersigned will indemnify, save and hold harmless each of the releases from any litigation expenses, attorneys fees, loss, liability, damage, or cost which may occur as a result of such claim.

The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

Signature: _____ Date: _____

Signature of parent or Guardian: _____ if under age 21



A.A.U. National Strongman Championships



Meet Director: Mikel Meadows, 1811 Tejon Dr, BHC, AZ 86442 (928) 234-5774 Mohavemuscle@gmail.com

Location: Bullhead Health Club, 5401 S Highway 95Fort Mohave, AZ 86426

Dates: Sunday December 6th, 2020 at 10am!

STRONGMAN: Early weigh-ins is 4:00-5:30 PM the night prior to each day!

Regular weigh-ins: 10am to 11:30am, December 6th!

You also may weigh in with a powerlifting or weightlifting official outside of these times in accordance with the respective powerlifting and weightlifting fliers/entry forms.

Technical Meeting: STRONGMAN at 11:30am with event starting @12pm!

This event is licensed by the Amateur Athletic Union of the US, Inc.

TESTING: All athletes entered may be subject to drug testing per AAU policies and procedures.

AAU membership is not included as part of the entry fee to the event.

PLEASE NOTE that ALL LIFTERS must have a current AAU membership card. Adults must apply online at AAUSports.org. All competitors age 20 and over must have a background check performed. Add a week for the background check prior to card approval. Youth (ages 6 to 19) may obtain their cards online up until the competition. If you are at the meet and don't have a card yet, use a smart phone and credit card to obtain your card prior to the official weigh-in. Note: The cost of an AAU card is \$24 for Adults and \$16 for youth.

Please visit <https://play.aausports.org/joinaaumembershipapplication> to obtain membership cards! Your one-year membership will be valid through August 31, 2019 and will entitle you to participate in the all AAU Strength Sports—Powerlifting, Weightlifting, and Feats of Strength, Combines, Bodybuilding, and MAS Wrestling. Records: U.S. Citizens are eligible for AAU American and World Records. Non-U.S. citizens are eligible for AAU National and World Records.

Caps: There will be no cap to the number of athletes!

Video Tapes: VIDEO TAPING IS ALLOWED

ENTRY DEADLINE: Day of prior too WEIGH INS

Entry Fee: STRONGMAN IS \$60!

Please Make all checks Payable to: Mikel Meadows 1811 Tejon Dr Bullhead City, Arizona 86442

Awards: Plaques For First Place!

Medals: Second thru Third (MINIMUM)

<https://find.aausports.org/>

https://aaustrengthsports.org/page.php?page_id=101064 Rules Book

<https://www.facebook.com/groups/2084937838443469/> Mohave Muscle

- This event is sanctioned by the Amateur Athletic Union of the U.S., Inc.
- All participants must have a current AAU membership.
- AAU membership may not be included as part of the entry fee to the event.
- AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection.
- Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership

2002 National



Strongman Championships



Name: _____ Phone: _____ A.A.U. # _____

Address _____ City _____ State _____ Zip _____

Age: _____ D.O.B. _____ Sex _____ Email address _____

Categories are: FEMALE ___ MALE ___ TEEN ___ MASTERS ___ OPEN ___

LWF (-148) ___ MWF (148-198) ___ HWF (198+) ___

LWM (-165) ___ MWM (165-220) ___ HWM (220+) ___

We reserve the right to adjust any and all divisions, age or weight categories as needed!

AAU Weightlifting Waiver and Consent In order to be able to participate in this or any other AAU Weightlifting event, I hereby consent to be drug tested by urine analysis or whatever other method is chosen by the AAUPC. I agree if I fail or refuse to be tested that I will automatically be disqualified from the event(s) and may be subject to further penalties under the AAU Code. I further consent to the publication of my test results and/or my failure/refusal to test in sole discretion of the AAUPC. I understand that both the collection process and testing procedures will be performed by a third party (not AAUPC or AAU) I hereby release, discharge and covenant not to sue the AAUPC and/or the AAU, their respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of the premises on which any AAU activity takes place (each considered one of the releases), from all liability, claims, demands, losses, or damages on any account caused or alleged to be caused in whole or in part by any and all of the releases or otherwise, relative to the drug testing, the publication(s), or any matter related to this event, and further agree that if, despite this release and waiver of liability, assumption of risk and indemnity agreement, such a claim is made against any of the releases, the undersigned will indemnify, save and hold harmless each of the releases from any litigation expenses, attorneys fees, loss, liability, damage, or cost which may occur as a result of such claim. The parties agree that if any portion of the consent/release shall be deemed invalid and/or unenforceable, the rest of such consent/release shall remain in full effect.

Signature: _____ Date: _____

Signature of parent or Guardian: _____ If under age 18.

2002 National



Strongman Championships



AMATEUR ATHLETIC UNION STRENGTH SPORTS DRUG-TESTING CONSENT FORM

By signing this form, I _____ affirm that I am aware of the (Please Print Name) Amateur Athletic Union Strength Sports drug-testing program and have read the Adult Substance Abuse Program Summary. I acknowledge that doping or the use of drugs before or during competition is prohibited and a violation of the AAU Code. I consent and agree to urine drug testing to participate in any and all AAU Strength Sports events. I understand and agree that the collection process and testing procedures will be performed by a third party and in accordance with the AAU Strength Sports Testing Policy. I acknowledge that AAU Strength Sports shall notify me of the results of the test by certified mail, return receipt requested, to the address I provide below.

I FURTHER ACKNOWLEDGE AND AGREE THAT SHOULD NOTICE OF A POSITIVE TEST BE RETURNED FOR ANY REASON TO AAU Strength Sports, AAU Strength Sports SHALL HAVE THE RIGHT TO POST MY NAME ON THE SUSPENSION LIST LOCATED ON THE WEB PAGE OF AAU Strength Sports. I acknowledge that if I test positive, refuse to be tested, and/or fail to appear for testing, I will automatically be disqualified from any and all AAU Strength Sports events and may be subject to further penalties and/or sanctions under the policies and procedures set forth in the AAU Code. I acknowledge that I may request a hearing before the AAU Review Board to challenge my disqualification from any and all AAU Strength Sports. I acknowledge and agree that this Consent shall be in effect for one (1) year from the date of signing. The parties herein agree that if any part of this Consent shall be deemed invalid and/or unenforceable, the remaining terms and provisions of said Consent shall remain in full force and effect. I acknowledge that I have read this Consent and fully understand and agree with its contents. I further acknowledge that if I am selected to be tested, I may be required to sign another Consent Form.

Dated this _____ day of _____, 20_____ DATE OF BIRTH _____

ADDRESS _____ City _____ State _____ Zip Code _____

Country _____

TELEPHONE NUMBER _____

E-MAIL ADDRESS _____

MEMBERSHIP NUMBER _____ RENEWAL _____ NEW MEMBER _____

SIGNATURE _____

WITNESS (PRINT NAME): _____

SIGNATURE OF WITNESS: _____ If under the age of 18.

ALL WEIGHTS IN POUNDS

Female	KEG CARRY & LOAD	AXLE LADDER	Frame Carry	CONAN WHEEL	PROGRESSIVE FRAME DL
LWTF LWMF	60/80/100	60/70/80	TBD	180	200
LWOF MWTF MWMF	80/100/125	80/90/100	TBD	210	230
MWOF HWTF HWMF	100/125/140	90/100/110	TBD	240	260
HWOF	125/140/160	100/110/120	TBD	270	290

Male					
LWTM LWMM	125/140/160	130/145/160	TBD	270	290
LWOM MWTM MWMM	140/160/180	145/160/175	TBD	320	340
MWOM HWTM HWMM	160/180/210	180/200/220	TBD	370	400
HWOM	180/210/240	200/220/240	TBD	420	450

Event descriptions

Event 1: Keg Carry!

Athlete will have 60sec to carry keg from 15/10/5 meters & load them over the bar.

Bar height 48" female, 52" male.

Equipment

Belt/knee & elbow sleeves

All athletes must wear shoes

Event 2: Axle Ladder!

Athlete will have 60 sec to clean & press 3 axles. Must lock out and wait for down command for each rep!

Equipment

Belt/wrist wraps/knee & elbow sleeves

All athletes must wear shoes

Event 3: FRAME CARRY!

TBD!

Equipment

Belt/wrist wraps/knee & elbow sleeves

All athletes must wear shoes

Event 4: Conan Wheel!

Athlete will have 60 sec to carry the wheel max distance! No drops!

Equipment

Belt/wrist wraps/knee & elbow sleeves

All athletes must wear shoes

Event 5: Frame DL!

Athlete will have 90 sec to DL frame for max reps!

After each rep weight will be added until athlete reaches their max!

Weight increases female 30# male 50#!

Equipment

Belt/wrist wraps/knee & elbow sleeves

All athletes must wear shoes

Straps on progressive DL only!