



SUN 30TH MAY 2021

**HOSTED IN THE CITY
OF BRISTOL**

SAME SEX PAIRS

EVENT 1 – 2 MAN/WOMAN DEADLIFT, BEST OF 3. SCORED ON WILKS.

EVENT 2 – YOKE TO FARMERS

EVENT 3 – OVERHEAD PRESS MEDLEY

EVENT 4 – DUCK WALK, FOR DISTANCE

EVENT 5 – TUG OF WAR

INDIVIDUALS

EVENT 1 - DEADLIFT, MAX WEIGHT ON 60MM AXLE BAR

EVENT 2 - YOKE TO FARMERS

EVENT 3 - OVERHEAD PRESS MEDLEY

EVENT 4 - DUCK WALK, FOR DISTANCE

EVENT 5 - TUG OF WAR



WEIGHT CATEGORIES

INDIVIDUALS

MEN OPEN (ANY WEIGHT)

MEN 191K - 105K

MEN UNDER 90K

WOMEN OPEN (ANY WEIGHT)

WOMEN 76K - 82.5K

WOMEN UNDER 75K

SAME SEX PAIRS

COMBINED WEIGHT

MEN OVER 190K

MEN UNDER 190K

WOMEN OVER 140K

WOMEN UNDER 140K



INDIVIDUAL EVENTS

DEADLIFT

COMPETITORS WILL ATTEMPT TO ACHIEVE THEIR MAX DEADLIFT WEIGHT ON A 60MM AXLE
BAR

BEST OF 3 LIFTS

HITCHING ACCEPTABLE ,HOWEVER NO LIFTING STRAPS OR SUITS ARE PERMITTED

YOKE CARRY INTO FARMERS CARRY

COMPETITORS WILL ATTEMPT TO ACHIEVE 20 METRES DISTANCE OF EACH EXERCISE
60 SECOND TIME CAP

OVERHEAD PRESS MEDLEY

FASTEST TIME TO LIFT ALL 4 OBJECTS - AXLE/LOG/KEG/MONSTER DB
60 SECOND TIME CAP

NOTE: DB TO BE LIFTED ON BOTH HANDS

DUCK WALK

DUCK WALK FOR DISTANCE
60 SECONDS TIME CAP

TUG OF WAR

COMPETITORS WILL ATTEMPT TO PULL THEIR OPPONENT OVER A CENTRAL LINE



SAME SEX PAIRS EVENTS

2 MAN/WOMAN DEADLIFT

COMPETITORS WILL ATTEMPT TO ACHIEVE THEIR MAX DEADLIFT WEIGHT

BEST OF 3 LIFTS

HITCHING ACCEPTABLE ,HOWEVER NO LIFTING STRAPS OR SUITS ARE PERMITTED

SCORED ON WILKS SYSTEM

YOKE CARRY INTO FARMERS CARRY

COMPETITORS WILL ATTEMPT TO ACHIEVE 30 METRES DISTANCE OF EACH OBJECT

EACH TEAM MEMBER IS ONLY PERMITTED TO COMPLETE 15M OF EACH OBJECT

90 SECOND TIME CAP

OVERHEAD PRESS MEDLEY

FASTEST TIME TO LIFT ALL 4 OBJECTS - AXLE/LOG/KEG/MONSTER DB

I GO, YOU GO ON EACH OBJECT

90 SECOND TIME CAP

NOTE: DB TO BE LIFTED ON BOTH HANDS FOR EACH COMPETITOR

DUCK WALK

DUCK WALK FOR DISTANCE

EACH TEAM MEMBER WILL COMPLETE DUCK WALKS IN 15M INTERVALS - I GO, YOU GO

90 SECONDS TIME CAP

TUG OF WAR

COMPETITORS WILL ATTEMPT TO PULL THEIR OPPONENTS OVER A CENTRAL LINE



PRESCRIBED WEIGHTS

Individual Men's	Axle Deadlift	Yoke/Farmers	OHP Medley Axle/Log/keg/Monster DB	Duck Walk	Tug of War
Men open	Max	280kg/110kg	100kg/90/70/50	200k	N/A
Men u105kg	Max	250kg/100kg	90/85/70/50	180k	N/A
Men u90kg	Max	220kg/90kg	85/80/70/50	150k	N/A

Individual Women's	Axle Deadlift	Yoke/Farmers	OHP Medley Axle/Log/keg/Monster DB	Duck walk	Tug of war
Women's open	Max	190kg/75kg	75/70/50/40	120k	N/A
Women's u82.5kg	Max	165kg/70kg	70/65/50/40	105k	N/A
Women's u75kg	Max	150kg/65kg	65/60/40/35	90k	N/A

Pairs Category	2 Person Deadlift	Yoke/farmers	OHP Medley Axle/Log/keg/ Monster DB	Duck walk	Tug of war
Mens Pairs over 190kg	Max	260kg/90kg	100/90/70/50	180	N/A
Mens Pairs under 190kg	Max	240kg/85kg	90/85/70/50	150	N/A
Women's Pairs over 140kg	Max	190kg/75kg	75/70/50/40	105kg	N/A
Women's Pairs u140kg	Max	160kg/70kg	70/65/40/35	90kg	N/A