

	Novice	LWW	MWW	HWW	SHWW		Novice	LWM	MWM	HWM	SHWMM
Events											
Fingal Fingers											
Finger 1	100	100	100	100	100		100	100	100	100	100
Finger 2	200	200	200	200	200		200	200	200	200	200
Finger 3	300	300	300	300	300		300	300	300	300	300
Finger 4	400	400	400	400	400		400	400	400	400	400
Finger 5	500	500	500	500	500		500	500	500	500	500
Max Log (opening)	70	70	70	70	70		90	90	150	200	225
Max Mammoth Deadlift (opening)	135	135	135	135	135		225	225	315	405	495
Sandbag Carry and Load											
Bag 1	100	100	100	100	100		130	130	130	175	175
Bag 2	130	130	130	130	130		175	175	175	220	220
Bag 3	176	176	176	176	176		220	220	220	265	265
Duck Walk	150	150	175	200	225		250	250	275	300	325