

MEN'S WEIGHT CLASSES AND WEIGHTS

Division	Max Log Clean & Press	Deadlift Medley	Yoke Run + Sandbag Steeple Chase	Farmer ISO Hold	Max Reps Sandbag to Shoulder
Novice M HW (220+)	Determined day-of	365 / 405 / 455	600 + 200	225	200
Novice M LW (220-)	Determined day-of	275/315/375	450 + 175	200	175
Open M LW (181-)	Determined day-of	315 / 365 / 405	500 + 175	225	200
Open M MW (198-)	Determined day-of	365 / 405 / 455	650 + 225	250	225
Open M HW (275-)	Determined day-of	455 / 495 / 545	800 + 275	275	250
Masters M MW (198-)	Determined day-of	315 / 365 / 405	550 + 200	200	175
Masters M HW (220+)	Determined day-of	365 / 405 / 455	650 + 225	250	225

WOMEN'S WEIGHT CLASSES AND WEIGHTS

Division	Max Log Clean & Press	Deadlift Medley	Yoke Run + Sandbag Steeple Chase	Farmer ISO Hold	Max Reps Sandbag to Shoulder
Novice W HW (165+)	Determined day-of	225 / 245 / 265	350 + 120	140	120
Novice W LW (140-)	Determined day-of	185 / 205 / 225	280 + 120	100	100
Open W LW (132-)	Determined day-of	185 / 205 / 225	300 + 100	110	110
Open W MW (148-)	Determined day-of	225 / 245 / 265	350 + 140	120	120
Open W HW (181-)	Determined day-of	265 / 285 / 305	400 + 160	175	150
Masters W LW (132-)	Determined day-of	185 / 205 / 225	280 + 120	110	110
Masters W MW (148-)	Determined day-of	205 / 225 / 245	300 + 120	130	110