

	LWW	MWW	HWW	SHWW		LWM	MWM	HWM	SHWM
Events									
Husafell Stone						225	250	275	300
Car Squat	Small Car	Small Car	Small Car + weight	Small Car + weight		Big Car	Big Car + weight	Big Car + weight	Big Car + weight
Power Stairs						300	325	350	375
18" Deadlift						475	525	575	625
Sandbag Toss						30	30	40	40