



RURAL RUMBLE IV

| | Press Medley L / CA / A / B | Max Deadlift Starting Weight | Fingal Fingers | Sandbag Toss Weight / Height | Carry Medley Yoke / Frame |
|------------|--------------------------------|---------------------------------|----------------|---------------------------------|------------------------------|
| Novice LWW | 70/70/70/tbd | 145 | 1/2/3/4 | 20,20,20/10 | Tbd/tbd |
| Novice HWW | 70/70/70/tbd | 145 | 1/2/3/4 | 20,20,20/10 | Tbd/tbd |
| Open LWW | 70/70/70/tbd | 145 | 1/2/3/4 | 20,20,20/10 | Tbd/tbd |
| Open MWW | 70/90/90/tbd | 145 | 1/2/3/4 | 20,20,30/12 | Tbd/tbd |
| Open HWW | 90/100/100/tbd | 145 | 1/2/3/4 | 20,20,30/12 | Tbd/tbd |
| Open SHWW | 90/110/110/tbd | 145 | 1/2/3/4 | 20,20,30/12 | Tbd/tbd |
| | | | | | |
| Novice LWM | 160/160/160/160 | 235 | 1/2/3/4 | 20,30,40/12 | 450/400 |
| Novice HWM | 220/240/240/200 | 325 | 1/2/3/4 | 20,30,40/14 | 590/450 |
| Open LWM | 180/180/180/180 | 325 | 1/2/3/4 | 20,30,40/14 | 540/450 |
| Open MWM | 220/240/240/200 | 325 | 2/3/4/5 | 20,30,40/14 | 590/500 |
| Open HWM | 240/260/260/240 | 415 | 2/3/4/5 | 20,30,40/16 | 680/550 |
| Open SHWM | 260/280/280/260 | 415 | 2/3/4/5 | 20,30,40/16 | 720/600 |

PRESS MEDLEY: Competitor will attempt to lift all 4 implements (Log, Cheater Axle, Ironmind Axle, Block) in under 75 seconds. Competitor can lift implements in any order. Number of implements lifted will be counted OR time to complete all four implements. Belt, Chalk, Sleeves, Wrist Wraps allowed. NO GRIP SHIRTS.

MAMMOTH BAR MAX DEADLIFT: Competitor will have 60 seconds to complete their attempt. 3 attempts. Miss one and you're done. Competitor can jump in at any weight. Weight will increase by plate/quarter jumps for mens classes, and 10/quarter jumps for womens classes. (Example 1: LWM start at 325. 1st jump will be to 375. 2nd jump will be to 415. 3rd jump will be to 465. 4th jump will be to 505. And so on. Example 2: LWW start at 145. 1st jump will be to 165. 2nd jump will be to 195. 3rd jump will be to 215. 4th jump will be to 245. And so on.) Belt, Chalk, Sleeves, Suits, Straps allowed.

FINGAL FINGERS: Competitor will attempt to flip all 4 fingers, then proceed to rep the heaviest finger in 60 seconds. Split time will be taken for all completed flips. Belt, Chalk, Sleeves, Wrist Wraps allowed. NO GRIP SHIRTS.

SANDBAG TOSS: Competitor will attempt to toss 3 sandbags over bar in 60 seconds. Time will stop when bag hits the ground. Split times will be taken for completed bags. Belt, Chalk, Sleeves, Wrist Wraps allowed.

CARRY MEDLEY: Competitor will carry the yoke 50', then pick the Frame/Farmers and carry back 50'. Drops allowed. Distance will be measured on the frame/farmers only. 60 second time limit. Belt, Chalk, Sleeves, Wrist Wraps allowed. NO GRIP SHIRTS.