

All events and weights may be subject to change

Deadlift

Deadlift seated female, starting weight 160 kg, any weight can be skipped, 90 sec time limit

Deadlift seated male starting weight 200 kg, to max any weight can be skipped, 90 sec time limit

Deadlift neuro starting weight 170 kg, to max any weight can be skipped, 90 sec time limit

Deadlift standing male starting weight 200 kg, any weight can be skipped, 90 sec time limit

Deadlift standing female starting weight 140 kg , any weight can be skipped, 90 sec time limit

DB to overhead

female standing for reps 25 kg 60 sec

Female seated 25 kg 60 sec

Male standing and seated 45 kg , 60 sec

Neuro men 40 kg, 60 sec

Stone over yoke

Male standing 80 or 100 , 90 sec

Female standing 40 or 50 90 sec

Stone from side to side for reps

Seated female 40 or 50

Seated male 90

Neuro 70

Loading game

To be announced