

MAXIMUS Y CHALLENGE

Axle Clean Once and Press Away (women and teen girls) Log clean and press (men and teen boys)	Deadlift Medley: Axle, barbell, 18" tire (men only)	Car Deadlift (women and teens) Wagon Wheel Deadlift (masters)
LW Women - 75 lbs	LW Men – 275/300/350	LW Women – gator
MW Women - 85 lbs	MW Men – 300/350/400	MW Women – gator
HW Women - 95 lbs	HW Men – 350/400/425	HW Women - gator
LW Men - 152 lbs	SH Men – 400/425/450	Master Women ages 45-59 - 145 lbs
MW Men - 155 lbs		Super Master Women ages 60+ - 105 lbs
HW Men - 162 lbs		Master Men ages 45-59 – gator + 125 lb tire
SH Men – 172 lbs		Super Master Men ages 60+ - gator
Master Women ages 45-59 - 75 lbs		Teen Boys – gator
Super Master Women ages 60+ - 45 lbs		Teen Girls - gator
Master Men ages 45-59 -115 lbs		
Super Master Men ages 60+ - 95 lbs		
Teen Boys – 135 lbs		
Teen Girls- 75 lbs		
Duck Walk/Sand Bag Medley (50 ft. and back)	Dango Fire Truck Pull (arm over arm pull) 50 feet	Sand Bag Over Bar (women, masters, and teens) Stone to platform load max reps/60 sec. (men)
LW Women - 75/100 lbs	LW and MW Men- TBA	LW Women – 100
MW Women - 75/100 lbs	HW and SHW Men-TBA	MW Women – 100
HW Women - 75/100 lbs		HW Women - 100
LW Men - 140/150 lbs	Truck Push (Masters, Women and Teens) 100 feet/60sec	LW Men – 175
MW Men - 150/150 lbs	Toyota Tundra	MW Men – 200
HW Men – 160/150 lbs		HW Men – 235
SH Men – 170/160 lbs		SH Men – 250
Master Women ages 45-59 – 75/100 lbs	Sled Push (Super Masters)	Master Women ages 45-59 – 100
Super Master Women ages 60+ -50/75lbs	Super Master Women ages 60+ 150 lbs	Super Master Women ages 60+ - 75
Master Men ages 45-59 – 140/150 lbs	Super Master Men ages 60+ 200 lbs	Master Men ages 45-59 – 150
Super Master Men ages 60+ -100/100 lbs		Super Master Men ages 60+ - 150
Teen Boys – 100/150 lbs		Teen Boys – 150
Teen Girls – 75/100 lbs		Teen Girls – 100

Women

LW – up to 135 lbs

MW – 136-165 lbs

HW – 166+

Men (This category will be weighed-in the morning of)

LW - up to 180 lbs

MW – 181-220 lbs

HW – 221-275 lbs

SH – 275+

Teen Boys and Girls ages 15-18 (15 year old must have legal guardian present at competition)

Master ages 45-59

Super Master ages 60+

Both Masters and Super Master for men and women are open classes. They are placed in classes by age not weight.

- Axle clean & press (women, teen girls) /log clean & press (men, teen boys) 60sec max reps, clean first and press away
- Car Deadlift (women, teens) Wagon Wheel (masters) 60 sec for max. reps
- Deadlift Medley (men) first two deadlifts pull once, last pull is for remainder of the 60 sec.
- Duck walk/sand bag medley 50 ft down 50 ft back
- Fire Truck pull (men - arm over arm) Truck push (women, teens, masters) sled push (Super masters)
- Sand Bag over Bar (women, teens, masters) Stone to platform load max reps/60 sec. (men)

Weights are subject to change