

Contest Weight Matrix:

Clash for Cash IV	HW Men	MW Men, HW Masters	LW MEN, Novice Men, LW Masters	HW Women	MW Women, HW Masters	LW Women, Novice Women, LW Masters
Axle Clean and Press, AMRAP 1 Min	270	240	200	150	130	110
Yoke Carry, 40ft +40 ft	730	630	520	410	330	280
Husafell + Keg Carry Medley	300 + 250	275 + 225	225 + 200	190 + 170	170 + 150	150 + 130
Progressive Keg Over Bar	250+275+300	225+250+275	200+225+250	200+175+150	175+150+130	150+130+100
Car Deadlift AMRAP 1 min	Car ++	Car +	Car	Car	Tire +	600 lb tire

Axle Clean and Press: Axle Clean and Press: Athletes will have sixty seconds to clean and press away as many reps as possible. You may reset and reclean as many times as necessary. Belts, chalk, press shirts all okay. No built up belts, no resting on the belt. Competitor must wait for the down command. Axle will be IronMind Apollon's Axle. Standard Bumpers will be used as weight here.

Yoke Carry: Yoke: 80 foot run with turns at 40ft. 60second time limit. 2 drop limit. 2 second penalty per slide.

Husafell + Keg Carry: Husafell carry for 50ft at a slight upward angle, then immediately onto keg carry at a slight downward angle for 50fit

Progressive Keg Over Bar: Kegs will be set 20 ft away from the bar. Womens height will be set at 48in, mens height will be 52in. Chalk, sleeves, grip shirts all good. Official meet handler will roll keg out of the way after complete

Car Deadlift: Competitors will have 1 min to complete as many reps as possible. Straps, belt, suits allowed. Competitors must wait for a down command from head judge.