

Contest Weight Matrix:

Clash for Cash V	HW Men	MW Men, HW Master	LW Men, Novice Men, LW Masters	HW Women	MW Women, HW Masters	LW Women, Novice Women, LW Masters
Press Medley (DB, Axle, Log Reps)	160, 275, 260	140, 250, 240	120, 225, 220	50, 170, 150	40, 150, 130	30, 130, 110
Yoke + Keg Carry	730 + 275 +250	630 + 225+250	520 + 200 + 225	410 + 175 +200	330 + 150 +175	280 + 130 + 150
Farmers Hold	300	275	250	200	175	150
Husafell Carry	300	275	225	190	170	150
Deadlift	585	495	455	315	250	225

Clean and Press Medley: Athletes will have sixty seconds total to clean and press all the implements. Athlete is required to complete 1 good rep with the dumbbell before moving on to the axle. Athlete must complete one good rep with the axle before moving on to the log. Athlete will then clean and press away (only one clean required) the log for as many reps as possible in the time remaining. Belts, chalk, press shirts all okay. No built up belts, no resting on the belt. Competitor must wait for the down command. Score will be based off of total reps completed and tie breaker for time to complete each rep.

Yoke + Keg Carry: Upon the judges signal, the athlete will have 90 seconds to carry the implements 50 ft each.

Farmers Handle Hold: Athlete will pick both farmers handles. Once athlete has stood up completely, the time will begin. Time will stop once the athlete drops either of the handles.

Husafell Carry: Upon the judges signal, athlete will pick up the husafell stone and carry it for max distance. Once athlete drops the husafell the event will be complete and the distance will be measured.

Deadlift: Competitors will have 60 seconds to complete as many reps of deadlift from the floor as possible. Athlete must lift the bar from the ground to full extension of the hips and knees before being a down command. A deadlift bar with bumper plates and collars will be used for this event.