

**Brutes Va. State Championship & National Record Breakers Strongman
Competition
Jan. 18th 2020**

	Max Log * Starting weight	Max Deadlift* Starting weight	Barbell Press* Starting weight	Famers Carry *	Stone Over Bar
WM LW Masters	90	200	75	100	TBD/45"
WM HW Masters	90	250	95	100	TBD/45"
Wm Novice LW	90	200	75	100	TBD/45"
WM Novice HW	100	250	95	100	TBD/45"
WM LW <140	115	250	100	100	TBD/45"
WM MW 141	120	275	115	100	TBD/45"
WM HW 181+	140	275	115	120	TBD/45"
Men LW Master	180	400	160	210	TBD/45"
Men HW Master	210	450	180	220	TBD/45"
Men Novice LW	180	400	160	210	TBD/45"
Men Novice HW	200	450	180	220	TBD/45"
Men LW 175	200	400	160	220	TBD/45"
Men MW <200	210	450	200	250	TBD/48"
Men MW <231	230	500	240	250	TBD/48"
Men HW 265	270	500	240	280	TBD/48"
Men SHW	290	500	240	280	TBD/48"

***National Record Events (State records also to be set)**

RULES Standard SC event rules apply, weights may be subject to change

*Wessels Rule: Once an athlete misses an attempt the athlete is done with that event.