



GRUDGE MATCH 4 ~ RESURRECTION

SATURDAY APRIL 6TH 2024 - THE GEM HOTEL



	SUPER YOKE	LOG PRESS FOR REPS	MAX SILVER \$ DEADLIFT BENCHMARKS	CARRY FOR DISTANCE	MAX STONE BENCHMARKS
NOVICE WOMENS	150 KG	35 KG *8 INCH	100 KG	40 KG	40 KG
MASTERS WOMENS U/80KG*	160 KG	35 KG *8 INCH	120 KG	50 KG	50 KG
MASTERS WOMENS O/80KG*	180 KG	40 KG *8 INCH	150 KG	80 KG	70 KG
U64 WOMENS	210 KG	50 KG *10 INCH	160 KG	60 KG	70 KG
U73 WOMENS	220 KG	55 KG *10 INCH	170 KG	70 KG	80 KG
U82 WOMENS	240 KG	60 KG *10 INCH	180 KG	80 KG	90 KG
U91 WOMENS	250 KG	65 KG *10 INCH	190 KG	90 KG	100 KG
OPEN WOMENS	270 KG	67.5 KG *10 INCH	200 KG	100 KG	110 KG

JUNIORS **TO BE NOMINATED BY JUNIOR WITH PARENT / GUARDIAN CONSENT 4 WEEKS PRIOR TO EVENT**

	SUPER YOKE	LOG PRESS FOR REPS	MAX SILVER \$ DEADLIFT BENCHMARKS	CARRY FOR DISTANCE	MAX STONE BENCHMARKS
NOVICE MENS	250 KG	70 KG *12 INCH	160 KG	80 KG	80 KG
MASTERS MENS U90KG*	260 KG	70 KG *12 INCH	180 KG	90 KG	80 KG
MASTERS MENS O90KG*	300 KG	90 KG *12 INCH	200 KG	110 KG	100 KG
U80 MENS	320 KG	90 KG *12 INCH	240 KG	100 KG	120 KG
U90 MENS	340 KG	100 KG *12 INCH	260 KG	110 KG	130 KG
U105 MENS	360 KG	110 KG *12 INCH	280 KG	120 KG	140 KG
U120 MENS	380 KG	120 KG *12 INCH	300 KG	130 KG	150 KG
OPEN MENS	410 KG	130 KG *12 INCH	320 KG	140 KG	160 KG

GENERAL RULES:	60s TIME CAP UNLIMITED DROPS SINGLE 15M LENGTH	60s TIME CAP PRESS COUNT ONLY ATHLETE CAN CLEAN ONCE OR AS MANY TIMES AS REQUIRED	3 ATTEMPT NOMINATIONS (POWERLIFTING STYLE) 60s PER ATTEMPT BENCHMARK WEIGHTS TO BE THE MINIMUM NOMINATION	45s TIME CAP DISTANCE TALLIED FOR EACH 15M LAP ACHIEVED MAXIMUM DISTANCE WITHIN TIME CAP WINS	3 ATTEMPT NOMINATIONS (POWERLIFTING STYLE) 60s PER ATTEMPT 1.2M BAR BENCHMARK WEIGHTS TO BE THE MINIMUM NOMINATION
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CLASSES HIGHLIGHTED IN BLUE ARE SUBJECT TO QUALIFICATION FOR THE FINAL SHOWDOWN AT THE AUS FITNESS EXPO 11 - 13TH OCTOBER 2024

ALL QUALIFYING ATHLETES ARE REQUIRED TO COMPLETE ALL 5 EVENTS (DON'T ZERO ANY EVENTS!)

*THE PROMOTER RESERVES THE RIGHT TO SPLIT THE MASTER'S CATERGORIES TO 40+ AND 50+ IF THE UPTAKE IS HIGH ENOUGH TO FILL OUT THE CLASS.

THIS MEANS THAT THE WEIGHTS WILL BE SUBJECT TO CHANGE, HOWEVER THIS WILL BE NOTIFIED AT THE EARLIEST OPPORTUNITY*

RECORD BREAKERS MUST BE DIRECTED TO THE PROMOTER 4 WEEKS PRIOR TO THE EVENT

* ALL WEIGHTS ARE SUBJECT TO CHANGE AT ANY TIME TO WHICH ALL EFFORT WILL BE MADE TO COMMUNICATE CHANGES