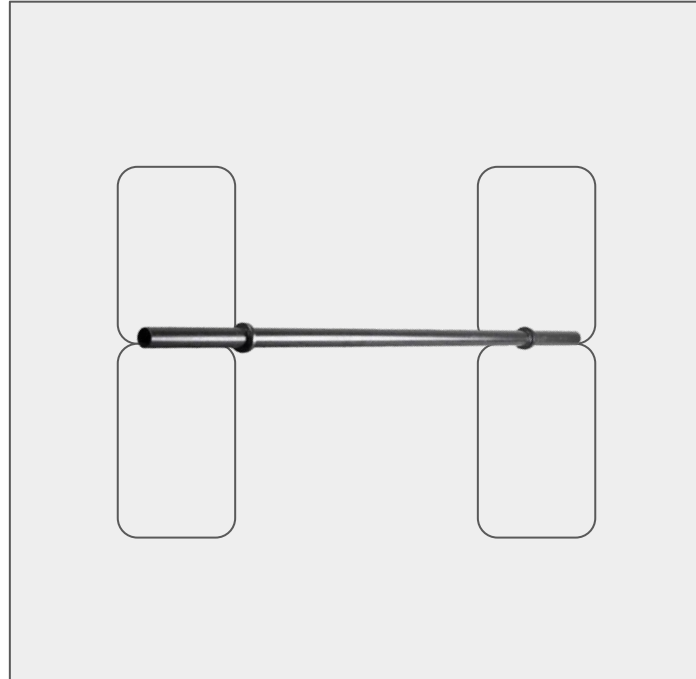


Floor Plan & Equipment

Last Update: 18 March 2024

Competition Area

Axle Clean and Press



Wagon Wheels
(Small)

20 KG Each

Up to 2 Wheels Per
Side

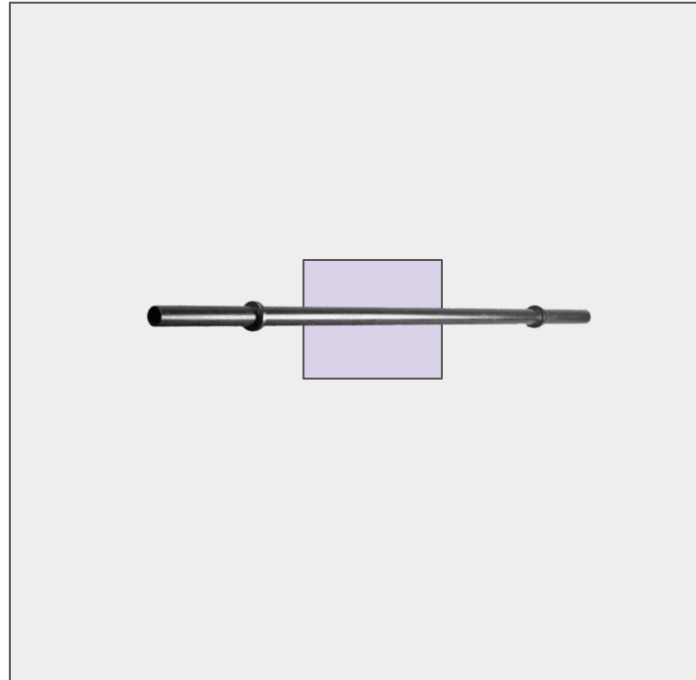
Calibrated Plates

Competition Area

Max Deadlift



Box



Wagon Wheels (Big)

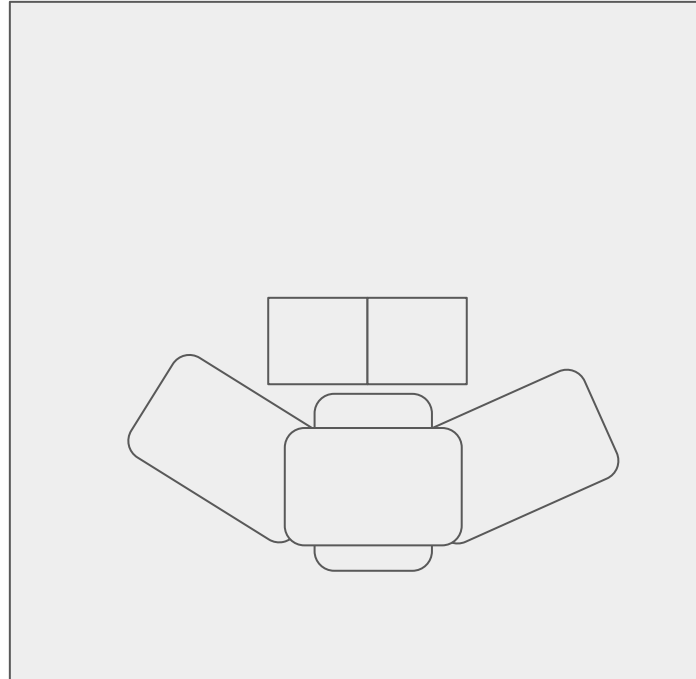
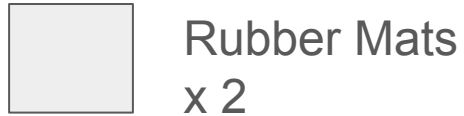
50 KG Each

Up to 2 Wheels
per side

Calibrated Plates

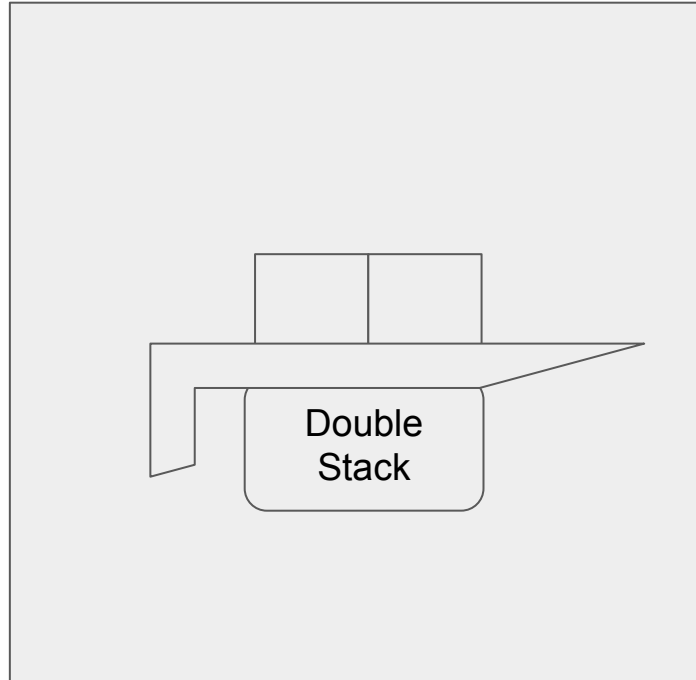
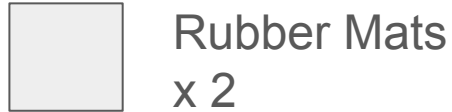
Competition Area

Stone to Shoulder



Competition Area

Death by Atlas



Stones used:

110KG
120KG
130KG
140KG
150KG
160KG
180KG
200KG
220KG

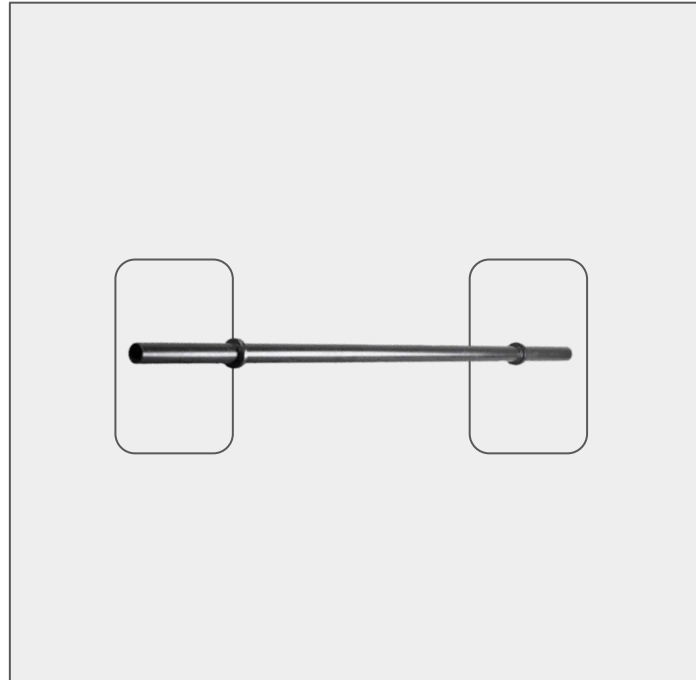
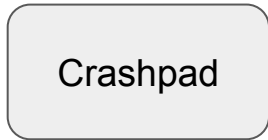
Warm-up Key Rules

1. All lifts must be performed on the platform only
2. Only one person at a time on the platform, shoes are compulsory for any stone-related lifts
3. Use of bumper plates before calibrated plates
4. Only Chalk is allowed. No tacky or tacky cloth in warm up platform
5. No direct slamming of weights, should be only dropped on the crashpads
6. Warnings may be issued to athletes who do not control the weights down to the crashpads. For serious cases, penalty to the overall score will be issued.

Warm-Up Area

Axle Clean and Press

Compulsory to use bumper plates as the first few plates



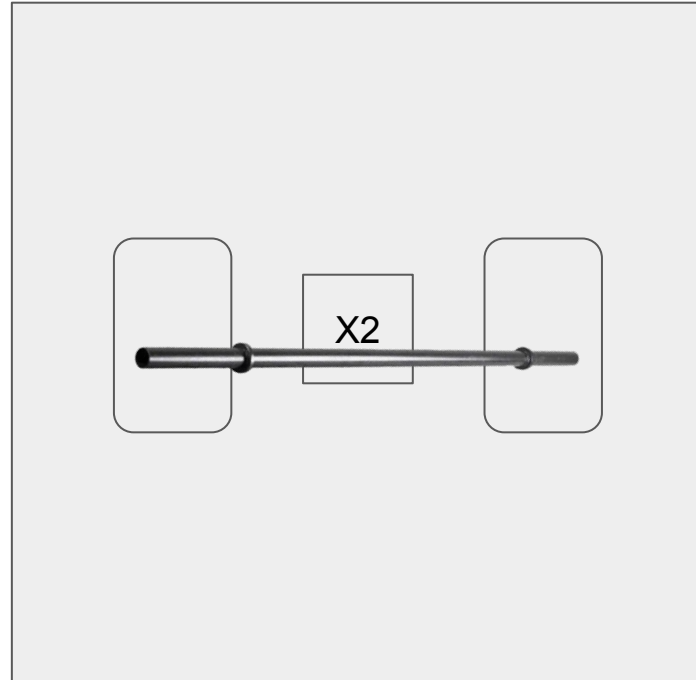
Warm-Up Area

Max Deadlift

Crashpad



2 x Rubber Mats



Compulsory to use bumper plates as the first few plates

Warm- Up Area

Stone to Shoulder

Crashpad

40kg

60kg

80kg

100kg

120KG

140KG

Double
Stack

Only Chalk can be
used in warm-up
area.

Tacky Cloth usage
only at competition
floor

Warm- Up Area

Death by Atlas

Crashpad

40kg

60kg

80kg

100kg

120KG

140KG

Double
Stack

Only Chalk can be
used in warm-up
area.

Tacky usage only at
competition floor