

Swiss FSA - STRONG(WO)MAN CONTEST #3 2023 - CROSSFIT BERN - Bern - 23. September

	Strongman	Newcomer Strongman	Strongwoman	Newcomer Strongwoman	RULES / NOTES	RANKING	EQUIPMENT
	(Ranking will be separated in Open, -105, -90. All use the same weights.)	(Ranking will be separated in 105+, -105, -90. All use the same weights.)	(Ranking will be separated in Open, -82, -73, -64. All use the same weights.)				(belt, wrist wraps, single ply elbow and knee sleeves allowed in all events)
All weights in kg							
Deadlift (DL Bar, 3 attempts)	Max	Max	Max	Max	Lockout (knees, hips) on top, wait for referees down signal	Load	No suit, no figure 8s. Straps allowed.
Overhead Medley (75s amrap)	Log 110 (100) kg / Axle 120 (110) kg / amrap Circus DB 70 (60) kg	Log 90 (80) kg / Axle 100 (90) kg / amrap Circus DB 50 (40) kg	Log 60 (50) kg / Axle 70 (60) kg / amrap Circus DB 40 (30) kg	Log 40 (30) kg / Axle 50 (40) kg / amrap Circus DB 25 (20) kg	Ground to overhead. Lockout (knees, hips, elbows) on top, wait for referees down signal, clean on belt allowed	Reps, higher weight trumps more reps with lower weight	
Sandbag / Slam Ball to shoulder (75s amrap)	110 Sandbag	90 Sandbag	70 Sandbag / 55 Slam Ball	45 Sandbag	Sandbag / Slam Ball in control on shoulder, lockout (knees and hips), one hand away, wait for referees down signal	Reps, higher weight trumps more reps with lower weight	No tacky or any other sticky substance on your hands.
Pigflip (60s amrap)	tba	tba	tba	tba	Flip over the pig, walk around, flip it back.	Max reps	No suit.
Hand over hand sled pull (for time, timecap 60s)	tba	tba	tba	tba	Feet against a beam, pull the sled to the finish line	Fastest time, distance	