

World Championships events 2026

Events are subject to change.

Qualifier: Day 1

Event 1: Deadlift

- 2 lanes.
- 75s.
- No figure 8's.
- Max reps.
- **WHEA Deadlift rules apply**

- 50+ u75 Women: 140kg/310lb - **Lane 1**
- 40+ u75 Women: 140kg/310lb - **Lane 1**

- 50+ 75+ Women: 140kg/310lb - **Lane 2**
- U65 Women: 140kg/310lb - **Lane 2**

- 40+ 75+ Women: 155lb/340lb - **Lane 1**
- U75: 155lb/340lb - **Lane 1**

- 75+: 170kg/375lb - **Lane 2**

- 50+ u100 Men: 230kg/505lb - **Lane 1**
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- 50+ 100+ Men: 240kg/530lb - **Lane 2**
- 40+ u100 Men: 240kg/530lb - **Lane 2**
- U85 Men: 240kg/530lb - **Lane 2**
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- 40+ 100+ Men: 260kg/575lb - **Lane 1**
- U100: 260kg/575lb - **Lane 1**

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- 100+: 280kg/615lb - **Lane 2**

Note

If one lane of men or women finished before another, we can run multiple lanes of the same class to move faster.

Event 2: Log Clean & Press

- **2 lanes.**
- **Max reps in 75s.**
- **WHEA Log rules apply**
- 50+ u75 Women: 55kg/120lb - **Lane 1**
- U65 Women: 55kg/120lb - **Lane 1**
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- 40+ u75 Women: 60kg/130lb - **Lane 2**
- 50+ 75+ Women: 60kg/130lb - **Lane 2**
- U75 Women: 60kg/130lb - **Lane 2**
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- 40+ 75+ Women: 65kg/145lb - **Lane 1**
- 75+ Women: 65kg/145lb - **Lane 1**
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- 50+ u100 Men: 95kg/210lb - **Lane 1**
-
- 50+ 100+ Men: 100kg/220lb - **Lane 2**
- 40+ u100 Men: 100kg/220lb - **Lane 2**
- U85 Men: 100kg/220lb - **Lane 2**
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- 40+ 100+ Men: 110kg/240lb - **Lane 1**
- U100 Men: 110kg/240lb - **Lane 1**
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- 100+ Men: 125kg/275lb - **Lane 2**

Event 3: Inukshuk Carry

- **2 lanes.**
- **Max Distance.**
- **Go until you drop, once you drop, you're out.**
- **No time cap.**

- 50+ u75 Women: 70kg/155lb - **Lane 1**
- 40+ u75 Women: 70kg/155lb - **Lane 1**
- U65 Women: 70kg/155lb - **Lane 1**

- 50+ 75+ Women: 80kg/175lb - **Lane 2**
- 40+ 75+ Women: 80kg/175lb - **Lane 2**
- U75: 80kg/175lb - **Lane 2**
- 75+: 80kg/175lb - **Lane 2**

- 50+ u100 Men: 115kg/250lb - **Lane 1**
- U85 Men: 115kg/250lb - **Lane 1**

- 50+ 100+ Men: 125kg/275lb - **Lane 2**
- 40+ u100 Men: 125/275lb - **Lane 2**
- U100: 125kg/275lb - **Lane 2**

- 40+ 100+ Men: 135kg/300lb - **Lane 1**
- 100+: 135kg/300lb - **Lane 1**

Finals: Day 2

Event 4: Circus Dumbbell

- **2 lanes.**
- **Max weight wins.**
- **Rising bar, predetermined jumps.**
- **5lb/2.5kg jumps women, 10lb/5kg jumps men.**
- **3 attempts skip when you want.**
- **60s per attempt.**

Start weights

- All Masters & U65 Women: 65lb/30kg (Brown 10" CDB 2" handle) - **Lane 1**
- U75 & 75+: 67lb/30kg (Silver 10" CDB 2.5" handle) - **Lane 2**
- All Masters, U85 Men: 60kg/132lb (Black 12" CDB 2" handle) - **Lane 1**
- U100 & 100+: 70kg/155lb (Unpainted 12" CDB 2" handle) - **Lane 2**

Event 5: Super Yoke

- **2 lanes.**
- **15m/50', 1 way.**
- **Yoke will be reset to closest start/finish line.**
- **Unlimited drops.**
- **75s max time.**

Women:

- **50+ u75 Women: 190kg/420lb - Lane 1**
- **U65 Women: 190kg/420lb - Lane 1**

- **40+ u75 Women: 200kg/440lb - Lane 2**
- **50+ 75+ Women: 200kg/440lb - Lane 2**

- **U75 Women: 215kg/475lb - Lane 1**
- **40+ 75+ Women: 215kg/475lb - Lane 1**

- **75+ Women: 230kg/505lb- Lane 2**

Men:

- **50+ u100 Men: 300kg/660lb - Lane 1**
- **40+ u100 Men: 300kg/660lb - Lane 1**
- **U85 Men: 300kg/660lb - Lane 1**
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- **50+ 100+ Men: 320kg/705lb - Lane 2**
- **40+ 100+ Men: 320kg/705lb - Lane 2**

- **U100 Men: 350kg/770lb - Lane 1**

- **100+ Men: 400kg/880lb - Lane 2**

Event 6: Keg Load

- **2 lanes.**
- **Max reps in 75s.**
- **Spotters will return kegs.**

Women Height: 106.6cm/42"

- **50+ U75 Women: 68kg/150lb - Lane 1**
- **40+ U75 Women: 68kg/150lb - Lane 1**

- 50+ 75+ Women: 80kg/175lb - **Lane 2**
- 40+ 75+ Women: 80kg/175lb - **Lane 2**
- U65 Women: 80kg/175lb - **Lane 2**

- U75: 90kg/200lb - **Lane 1**

- 75+: 100kg/220lb - **Lane 2**

Men Height: 121cm/48”

- 50+ U100 Men: 115kg/250lb - **Lane 1**

- 50+ 100+ Men: 125kg/275lb - **Lane 2**
- 40+ U100 Men: 125kg/275lb - **Lane 2**
- U85 Men: 125kg/275lb - **Lane 2**

- 40+ 100+ Men: 135kg/300lb - **Lane 1**
- U100: 135kg/300lb - **Lane 1**

- 100+: 150kg/330lb - **Lane 2**