**This is required for your entry for to be posted. Do not delay in sending this to** [**unitedstatesstrongman@gmail.com**](mailto:unitedstatesstrongman@gmail.com)

**Contest Weight Matrix:**

* In the Top Row, please fill out the Divisions and Weight Class groups that you will use
* In the First Column, please list the events in which the athletes will compete.
* Fill in the weights for each event and weight class appropriately.
* You do not need to use all the columns and rows. Replace as needed in chart.
* See example below:

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| CONTEST NAME & DATE | LW Women | MW Women, LW Master Women | HW Women, LW Novice Men |  |  |  |  |
| Press | 100 | 120 | 140 |  |  |  |  |
| Carry | 150 | 200 | 250 |  |  |  |  |
| Load | 175 | 225 | 275 |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

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