

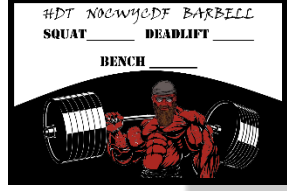



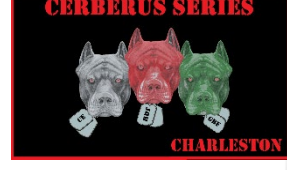


		Fitness		Exercise			
		Level	TIME	Weight Requirements	Adjustments	Pass/Fail	Completion %
QMOD6		Any Level	2 Hour Time Cap	<b>Red:</b> 60lb SB & 35lb Ruck <b>Green:</b> 40lb SB & 25lb Ruck <b>Blue:</b> 20lb SB & 10lb Ruck	N/A	N/A	100%  <b>Red:</b> 4.7 of 6 <b>Green:</b> 3.5 of 6 <b>Blue:</b> N/A
QMOR6		Any Level	2 Hour Time Cap	<b>Red:</b> 60lb SB & 35lb Ruck <b>Green:</b> 40lb SB & 25lb Ruck <b>Blue:</b> 20lb SB & 10lb Ruck	N/A	N/A	100%  <b>Red:</b> N/A <b>Green:</b> 4 of 6 <b>Blue:</b> N/A
NOCWYCDF Barbell		Any Level	2 Hours	Participants Choice of Weight for Each Lift	N/A	N/A	100%
KNOCKOUT		Beginner	3-5 Hours	Sandbag & Ruck of your choice with <b>NO MINIMUM WEIGHT</b>	Substitutions & Modifications	N/A	100%
THROWDOWN NON-COMPETITIVE		Beginner to Intermediate	12-16 Hours	Sandbag 20 lb. Minimum & Ruck 10 lb. Minimum	Substitutions & Modifications	N/A	96%
THROWDOWN COMPETITIVE		Advanced to Elite	12-16 Hours	<u><b>160lb+ BW in Base Layers:</b></u> 60 lb. Sandbag & 35 lb. Dry Ruck  <u><b>Below 160lb BW in Base Layers:</b></u> 40 lb. Sandbag & 25 lb. Dry Ruck	N/A	N/A	80%  (16% drop into Non-Competitive Division & Finish)
CERBERUS		Elite	36-40 Hours	<u><b>150lb+ BW in Base Layers:</b></u> 60 lb. Sandbag & 30 lb. Dry Ruck  <u><b>Below 150lb BW in Base Layers:</b></u> 40 lb. Sandbag & 20 lb. Dry Ruck	N/A	After 24 Hours	22%