

2020 USS NC State Championships (Viking Showdown IV)

United States Strongman, Inc. Contest Entry Form

[USS Membership Required of all Athletes](#)

Contest Director: Chris Kauffman

Contact Info: Text 9103939632 pckauffman@yahoo.com Chris Kauffman on Facebook

Date & Time: 1/25/2020 10:00:00 AM

Location: Clayton Fitness 1370 Cameron Way, Clayton NC, 27520

Weigh-in: Clayton Fitness 10-12 and 5-9 day before show, or 8 am morning of show

Hotel: <https://www.choicehotels.com/north-carolina/clayton/comfort-suites-hotels/nc302>

Divisions:

| | | |
|-----------------------|--------------------|--------------------|
| W LW Novice (165-) | W HW Open | M HW Master (220+) |
| W HW Novice (165+) | W SHW Open | M LW Open |
| W LW Master (132-) | M LW Teen (220-) | M MW Open |
| W MW Master (132-165) | M HW Teen (220+) | M HW Open |
| W HW Master (165+) | M LW Novice (220-) | M SHW Open |
| W LW Open | M HW Novice (220+) | |
| W MW Open | M LW Master (220-) | |

Events: Max Axle Overhead, Max conventional DL, Strongman Squat, Farmer's/Keg carry medley, Stone Series over bar

Awards: Trophies for winners, medals for placers Cash awards for highest Axle and DL, as well as highest lift as percentage of body weight

Entry Fees: \$75

Entry Deadline: Jan 10th-to be guaranteed a shirt that fits, but will take late entries on day of show

Mail Entries & Fees: Chris Kauffman 196 Korat Ln. Clayton NC, 27520

Online Entry: For electronic entry Paypal pckauffman@yahoo.com Be sure to include division and shirt size in notes!

Social Media Links: Facebook event page will be 2020 USS State Championships (Viking Showdown IV)

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In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against United States Strongman, Inc., Willie Wessels, Clayton Fitness Inc. any of its employees, as well as Chris Kauffman and any of his volunteers, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the United States Strongman, Inc. CONTEST and its related events, I hereby grant United States Strongman, Inc., and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate United States Strongman, Inc., and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that United States Strongman, Inc. and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to United States Strongman, Inc. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name _____ Shirt: _____

Address: _____

City _____ State: _____ Zip Code: _____

Phone: _____ Age: _____ Date of Birth: _____

Email: _____

Division: _____ Weight Class: _____ Height: _____ Gym: _____

Signature: _____

(Parent or Guardian signature required if the contestant is under 18.)

| 2020 NC State Championships | Novice/LW Women | MW Women, Master Women | HW/SHW Women | Novice/LW Men | MWM/Masters | HW/SHW Men |
|-----------------------------|---------------------|------------------------|---------------------|---------------------|---------------------|---------------------|
| DL | Max | Max | Max | Max | Max | Max |
| Axle | Max | Max | Max | Max | Max | Max |
| Strongman Squat | 195 | 225 | 305 | 375 | 445 | 535 |
| Farmer's/Keg carry medley | 130/150 | 160/185 | 190/225 | 200/250 | 240/275 | 290/300 |
| Stone series over bar | 121,150,175,205,220 | 150,175,205,220,245 | 175,205,220,245,275 | 205,220,245,275,300 | 220,245,275,300,325 | 245,275,300,325,350 |

Axle: Any and all supportive gear is acceptable, grip aids are not, aside from chalk. (This includes grip shirts; The President of the Federation outlawed them for use at Nationals, we're going to support that at the State level) Contestant will have 60 seconds to complete a lift, judge will give down command. Contestant may restart lift as many times as necessary, so long as lift is completed before time is called. Absolutely no dropping from the top. This event will be last man standing, you jump in whenever you wish, 1st missed attempt=done.

DL: Any and all supportive gear is acceptable, suits, briefs, straps included, absolutely NO SUMO, per USS Regulations. Contestant will have 60 seconds to complete a lift, judge will give down command. This event will be last man standing, you may enter whenever you wish, 1st missed attempt=done.

Strongman Squat: Axle bar with Wagon Wheel Plates to box standards. Any and all supportive gear is acceptable, grip aids are not. Contestant will have 60 seconds to squat the weight for as many reps as possible, judge will be watching to ensure both wheels touch the standards on each rep.

Farmer's/Keg carry medley: Any and all supportive gear is acceptable, grip aids are not. Contestant will have 60 seconds to carry Farmer's handles down 40', pick up their keg and carry it 40 back. Keg must be placed in an upright and standing position, fully past the finish line. Will allow one drop on Farmer's, no drops on keg. You drop the keg, you're finished with the event.

Stone series over bar. 48" for Women, 54" for Men. Contestant will have 2 minutes to load 5 stones placed in decreasing increments of space from the bar, over the bar. If you drop a stone, you must roll it back to where it was dropped, in order to proceed. Any and all supportive gear is acceptable, tacky included. Stone placement will be approximately (from heaviest) At bar, 3' from bar, 6' from bar, 9' from bar, and 12' from bar. *Note! Seeing how this show is in January, the weather may be uncooperative. In the event of horrible weather, we will sub this event for keg over bar for reps to be held indoors.

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