

**United States
Contest Entry Form**



Strongman, Inc.

Contest Director: Jill Mills

Contact: (210)846-4392 or jillmills72@gmail.com

Date & Time: May 1, 2015. athletes check in by 12:30. rules are at 1 pm. **Contest starts at 2 pm**

Weigh-in: TBA

Location: Orange County Convention Center-SA, **South** Concourse, **9899** International Drive, Orlando, **FL 32819**

Hotel: Rosen Plaza, 9700 International Drive, Orlando FL 32819

Divisions:BLUE division and WHITE division: **light (123.132),middle(148.165), heavyweight(181.198), and superheavyweight (199+) in each division.**

BLUE DIVISION: TOP 3 QUALIFY FOR USS NATIONALS.

WHITE DIVISION: for Newcomer and crossover athletes

Events:

1)**Yoke/sandbag carry**(in front): (75 second time limit). Yoke -2 drops allowed.2 second penalty for sliding

BLUE LW-400/100 MW-475/150 HW/SHW 550/150
WHITE LW-350/50 MW-400/100 HW/SHW-450/150

2)**Farmers-FOR DISTANCE.** Turn at 50 feet. No drops once implement crosses the start line

BLUE: LW-160 MW-180 HW/SHW-200
WHITE: LW-120 MW-140 HW/SHW-160

3) **CLEAN AND PRESS EACH REP**-60 seconds max reps:

BLUE: (log). LW120 MW-140 HW/SHW-160
WHITE:(barbell) LW- 85 MW-105 HW/SHW-125

4)**Deadlift-MAX LAST MAN STANDING.** Standard bar and height.no suits or straps

5)Stones-

1st stone over bar 50" bar (worth ¼ point), 2nd over 48" bar(worth 1 point), 3rd to shoulder(worth ½ point). This one will require strategy. Athlete picks their own method to accumulate the most points in 60 seconds. Tacky allowed.

BLUE: LW-165/175 /*90 MW-175/230/*165 HW/SHW-175/230/*165

WHITE:

sandbags to shoulder . Points:1st bag =1/4,2nd =1/2, 3rd =1 :60 second cap
LW/MW 50/100/125. HW/SHW 100/125/150

Awards:1-3 in each class and division

Special note: **there will be a cap of 60 competitors.**

Entry Fees: \$75 (includes t-shirt)

Entry Deadline: standard entry April 15,2015. LATE ENTRIES Apr 16-Apr 23 \$100. NO entries after Apr 23.

Mail Entry forms & Entry Fees: Jill Mills, 2671 CR 320, FLORESVILLE TX 78114

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, 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: _____ Age: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ t-shirt size _____ prepurchase any extras?include size: _____

Date of Birth: _____ Email: _____

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

Signature: _____

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