

Warpath Strength Push/Pull For Patriots

United States Strongman, Inc. Contest Entry Form

[USS Membership Required of all Athletes](#)

Contest Director: Mike Lohman

Contact Info: 773-218-5722

Date & Time: 11/9/2019 10:00:00 AM

Location: Jakked Hardcore Gym, 1450 SE River Road, Montgomery, IL, 60538

Weigh-in: Jakked Hardcore Gym, Friday, November 8, from 3-6 p.m. and Saturday, November 9, from 7:30-9 a.m.

Hotel: Comfort Inn & Suites, 308 South Lincolnway Street, North Aurora, IL, 60505

Divisions:

W LW Teen (165-)	W HW Open	165-
W HW Teen (165+)	181	181-
W LW Novice (165-)	198	M MW Open
W HW Novice (165+)	W SHW Open	198-
W LW Master (132-)	242	220-
W MW Master (132-165)	242+	M HW Open
W HW Master (165+)	M LW Teen (220-)	242-
W LW Open	M HW Teen (220+)	275-
123	M LW Novice (220-)	M SHW Open
132	M HW Novice (220+)	308-
W MW Open	M LW Master (220-)	308+
148	M HW Master (220+)	
165	M LW Open	

Events: Circus Dumbbell, 18" Axle Deadlift, Sandbag Medley, Farmers Hold, Keg-Over-Bar

Awards: Awards for 1st-3rd Place in each Division

Entry Fees: \$75 if received before 10/1, \$85 from 10/2 to 11/1, \$100 after 11/2

Entry Deadline: Entry deadline is 11/1/19. Entries received after 10/15 are not guaranteed a contest t-shirt

Mail Entries & Fees: None

Online Entry: <https://runsignup.com/Race/IL/Montgomery/WarpathStrengthPushPullForPatriots>

Social Media Links: <https://www.facebook.com/events/716724648771114/>

Warpath Strength Push/Pull For Patriots

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, Jakked Hardcore Gym, Byron and Tami Hicks, Mike Lohman, 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.)

Warpath Strength: Push/Pull For Patriots	LW Novice Women (< 148), Teen Women	LW Open Women (123, 132), Master Women, HW Novice Women (> 148)	MW Women (148, 165), Teen Men	HW and SHW Women (181, 198, 199+),	LW Master and Novice Men (< 220)	LW Men (165, 181), HW Masters and Novice Men (> 220)	MW Men (198, 220)	HW Men (242, 275) SHW Men (308, 308+)
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Circus DB	50	60	70	85	110	130	150	170
18" Axle DL	250	300	350	400	450	500	600	700
Sandbag Carry	60, 80, 100	80, 100, 132	100, 132, 150	132, 150, 176	150, 176, 200	176, 200, 220	200, 220, 250	250, 265, 285
Farmers Hold	120/hand	150/hand	180/hand	200/hand	220/hand	240/hand	270/hand	300/hand
Keg-over-bar	120	145	172	193	210	244	288	309

Circus Dumbbell

Athlete will be required to clean and press every rep. Once the dumbbell is on the shoulder the other arm must come completely off of the implement before pressing it, otherwise it will not be counted. Athlete must lower the dumbbell to the ground and touch/tap it before cleaning it again, so you may "touch and go," but the implement MUST touch the ground, otherwise the rep will not count. A successful rep will be counted once the athlete's knees, hips, shoulders and elbows are all locked out and the athlete is clearly in control of the dumbbell. The athlete must wait for the down command from judge for lift to be counted. There is a 60 second time limit for this event. Athlete with the most reps in 60 seconds wins.

Equipment allowed: Belt, knee and elbow sleeves, wrist wraps, chalk, gloves. Grip shirts may be worn UNDERNEATH the event shirt.

Equipment NOT allowed: Absolutely no tacky of any kind (not from a jar, no spray, no towels, no tape).

Dropping the dumbbell from overhead will result in a zero for the event and possibly expulsion from the competition. Please respect the equipment.

18" Axle Deadlift

Athlete will must deadlift the 2" axle bar from an 18" elevated position to a full lockout position (the hips must come through) for as many reps as possible in 60 seconds. Athlete must wait for the "down" command in order to be given a successful rep. There will NOT be an "up" command, so the athlete may complete the reps in a "touch-and-go" manner as long as each rep is completely locked out. Athlete will be allowed to hitch. Athlete with the most reps in 60 seconds wins.

Dropping the axle from the lockout position will result in a zero for the event and possibly expulsion from the competition. Please respect the equipment.

Equipment allowed: Belt, knee and elbow sleeves, knee and wrist wraps, wrist straps, chalk.

Equipment NOT allowed: No deadlift suits, no hook-grip straps, no tacky.

Sandbag Medley

Athlete will start on the line with three sandbags and hands may be placed on the first bag at the start, but NOT underneath. When the "Go" command is given, the athlete will grab the first sandbag, carry it 50 feet, load it over a yoke and then run back down 50 feet to repeat this with the second and third sandbags. One drop per bag is allowed. If an athlete drops a bag more than once, their attempt is finished and the distance from the starting line will be measured. Sandbags may NOT be stacked at the starting line. All three sandbags must be picked from the ground and the bags must be picked from lightest to heaviest. Athlete will have 60 seconds to carry and load all three bags. The height of the crossbar on the yoke will be 48" for all women and 52" for all men. Time will stop when the third and final bag hits the ground. Fastest time wins.

Equipment allowed: Belt, knee and elbow sleeves, knee and wrist wraps, wrist straps, chalk. Grip shirts may be worn UNDERNEATH the event shirt.

Equipment NOT allowed: Absolutely no tacky of any kind (not from a jar, no spray, no towels, no tape).

Farmers Hold

Athletes will be given a "Lift" command. Time will start once athletes are locked out with the farmers handles, which they will hold for as long as possible. Athletes may use a "hook" grip if they choose.

Equipment allowed: Belt, knee and elbow sleeves, knee and wrist wraps, wrist straps, chalk.

Equipment NOT allowed: No wrist straps of any kind (traditional, figure 8, hook) will be allowed. Absolutely no tacky of any kind (not from a jar, no spray, no towels, no tape) will be allowed.

Keg-over-bar

Athlete will start with hands on the crossbar of the yoke. When the "Go" command is given, the athlete will load the keg over the bar and a spotter will return it. Athlete will have 60 seconds to load the keg for as many reps as possible. The height of the crossbar of the yoke will be 48" for all women and 52" for all men.

Equipment allowed: Belt, knee and elbow sleeves, knee and wrist wraps, wrist straps, chalk. Grip shirts may be worn UNDERNEATH the event shirt.

Equipment NOT allowed: Absolutely no tacky of any kind (not from a jar, no spray, no towels, no tape).