

United States Strongman, Inc. presents Hope 8
USS-Inc membership required

Contest Director: Willie Wessels

Contact: 314 393-3771, wwessels1@yahoo.com

Date & Time: 12:00 or Noon Start. Rules at 11:30

Weigh-in: Friday the 19th at the school 4pm to 6 pm. Saturday the 20th from 8am to 9 am

Location: Pattonville Heights Middle School 195 Fee Fee road, Maryland heights, MO 63043

Hotel: Red Roof Inn, Lackland road, Overland MO 63074 \$50 per night. No code

Divisions: Open Men and Women (123,132,148,165,181,198,220,242,275,308,shw) Must have at least three per class or you will be bumped up a class. Master 220 and down 221 and up. Novice 220 and down 221 and up.

Events: We will still have the record breakers events(Max Log, Axle, 18 inch Dead lift and floor dead lift) You pick two is still in effect. One press and one pull. There will be three more events you can do. Tire flip , incline log for reps and Farmers walk 50 ft. These three event will be scored separately. You can choose to not to do the max lifts and just do the other three events or just do the max part of the show.

Awards: Will be top three in each class for the three event contest. The awards for the record breakers will be setting the USS- Inc records

Entry Fees: \$40 plus a \$10 gift or gift card for a child ages 5 to 12. There will be a late fee of \$25 if postmarked after Dec 6th. There is a \$5 donation at the door for all spectators 12 and up.

Entry Deadline: You can sign the day of but will pay \$65. Sign up early. Avoid the late fee. Late entries are not going to get a t-shirt.

Mail Entries & Fees: to Willie Wessels 11676 Mark Twain Lane Bridgeton MO 63044 **Note-****
*** Go to Facebook for event weights, Times and other questions. There will be a special guest lifter or two***

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: _____ Age: _____ Date of Birth: _____

Email: _____

Division: _____ Weight Class: _____ T-shirt size _____

Signature: _____

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

Events and Rules:

All max lifts three attempts, minimum 10 lb jumps. Wessels rule.

Tire flip- Fastest five flips for time. The tire will start down. Once the tire lands flat the clock will stop.

Farmers walk- 50 feet, 60 second time limit. Clock stops when the judge see's everything past the line.

Incline log- 60 second limit. Hips and shoulders must remain flat on the bench. One warning. Touch and go is ok. Wait for the judges call on the lockout.

Event weights:

Tire flip, Open Heavy weight men -700. Open light weight and HW masters men-600. Open HW women, LW masters and HW novice-500. Open MW women and LW novice-400, LW women 300.

Farmers Walk, Open HW men-300. Open Light weight and HW masters men-260. Open HW women-140 , LW novice-180. LW masters and HW novice 240. Open women Middle weight-120, LW women 100.

Incline log, Open men HW- 280. Open men LW-240. Master HW- 240. Master LW 220. Novice HW- 200. Novice LW- 170. Women open HW- 120. Women open MW-100 , LW women -80

*Events and weight are subject to change without notice.