

2011 Colorado State Fair Strongman Competition

REMINDER

BRING CHAIRS... BRING WATER... BRING SUNSCREEN... BRING CHAIRS... BRING WATER... BRING SUNSCREEN

PROMOTER: Sarah Macres

DATE: Saturday, Sept 3, 2011

LOCATION:

Colorado State Fairgrounds (<http://www.coloradostatefair.com>)

1001 Beulah Avenue

Pueblo, CO 81004

Traveling from the North: Take I-25 South to Exit 97A (Central Avenue Exit). Go north one block to Northern Avenue. Turn left on Northern Avenue to Prairie Avenue. Turn right on Prairie Avenue and go two blocks to fairgrounds.

Traveling from the South: Take I-25 North to Exit 97A (Central Avenue Exit). Go north one block to Northern Avenue. Turn left on Northern Avenue to Prairie Avenue. Turn right on Prairie Avenue and go two blocks to fairgrounds.

Traveling from the West: Take Highway 50 East to Pueblo Boulevard. Turn right on Pueblo Boulevard to Thatcher Avenue. Turn left on Thatcher Avenue to Prairie Avenue. Turn right on Prairie Avenue and go four blocks to fairgrounds.

Traveling from the East: Take Highway 50 West to 4th Street. On 4th Street go west. Be aware that 4th Street becomes Lincoln Street then becomes Thatcher Avenue. Stay on Thatcher Avenue to Prairie Avenue. Turn left on Prairie Avenue and go four blocks to fairgrounds.

WEIGH-INS / REGISTRATION: 9am – 11am

RULES: 11:30am

START TIME: 12:00pm

*Friday Night Weigh-In Available Upon Request, Call or E-mail Sarah Macres (See Contact Information Below)

DIVISIONS:

-Women → **Weight Class:** 1 class, no weigh-in needed

-Novice Men → **Weight Classes:** LW (Under 232lbs) & HW (Over 232 lbs)

-Open Men → **Weight Classes:** LW (Under 232lbs) & HW (Over 232 lbs)

EVENTS: (Entire Event Will Be on Grass)

Overhead Press Medley (press each implement overhead once, in any order, 60 sec time limit)

Women: 85# Keg, 100# Axel, 110# Small Log

NV LW: 125# Keg, 160# Small Log, 200# Axel

NV HW: 155# Keg, 180# Big Log, 200 # Axel

Open LW: 155# Atlas Stone, 185# Keg, 200# Axel, 230# Small Log

Open HW: 175# Atlas Stone, 200# Keg, 220# Axel, 250# Big Log

Tire Flip (60 sec time limit)

Women: 350# 60 feet

NV LW: 400# 80 feet

NV HW: 550# 80 feet

Open LW: 550# 80 feet

Open HW: 750# 80 feet

Keg Carry/Farmers Walk Medley (75 sec time limit)

Women: 85# Keg 40 feet, 160# Farmers 40 feet

NV LW: 125# Keg 40 feet, 200# Farmers 40 feet

NV HW: 185# Keg 40 feet, 250# Farmers 40 feet

Open LW: 185# Keg 40 feet, 250# Farmers 40 feet

Open HW: 200# Keg 40 feet, 270# Farmers 40 feet

Keg Toss (60 sec time limit)

Women: (5) 30 lbs Kegs, 8 feet high

NV LW: (5) 30 lbs Kegs, 10 feet high

NV HW: (5) 30 lbs Kegs, 13 feet high

Open LW: (5) 30 lbs Kegs, 13 feet high

Open HW: (5) 30 lbs Kegs, 15 feet high

Atlas Stones (1 Stone over 48" Bar for reps, 60 Sec time limit)

Women: 155 #

Novice LW Men: 225#

Men LW: 280#

Men HW: 335#

STRONGMAN COMPETITION FEE & INSTRUCTIONS

ENTRY FEE: \$40

**Cash or Check Accepted

Make Checks Payable To: Colorado Strongman

- 1- Fill out the Entry Form Below
- 2- Print it
- 3- Sign it
- 4- Mail it to the promoter **OR** take it to the registration table on Sept 3 at the competition location.

If mailing, send to:

Colorado Strongman
17939 E. Cornell Dr.
Aurora CO 80013

NAS MEMBERSHIP FEE & INSTRUCTIONS

FEE: \$20 for Teens or \$40 for Adults

**Cash or Check Accepted

Make Checks Payable To: NAS

- 1- On Sept 3, at competition registration table
- 2- Fill out NAS Form, provided by State Chairman
- 3- Give NAS Form and NAS Payment to State Chairman
- 4- If this is a renewal, please give old card to Chairman
- 5- Make sure to get yellow receipt which serves as a temporary NAS Card until your card is mailed to you.

Entries received are non-refundable

Email/Phone number: SarahMacres@ColoradoStrongman.com / 720-470-2893

Website: www.coloradostrongman.com

ENTRY FORM

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 the Colorado State Fair, Sarah Macres, Colorado Strongman Association or any of its associates, North American Strongman Society, Willie or Dione 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 2011 Colorado State Fair Strongman Competition and its related events, I hereby grant **NAS 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 **NAS 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 **NAS 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 **NAS INC.** and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

NAME: _____ **AGE:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **DATE OF BIRTH:** _____

E-Mail: _____

*You will be added to the Colorado Strongman Newsletter, please write clearly

DIVISION (Circle One): _____ **WOMEN** _____ **NOVICE MEN** _____ **OPEN MEN** _____

WEIGHT CLASS (Circle One): _____ **LW (Under 232lbs)** _____ **HW (Over 232 lbs)** _____

SIGNATURE: _____

(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

For Use by Promoter **(COMPETITORS DO NOT WRITE IN THIS BOX)**

Date/Time Received: _____

Weight: _____

Cash or Check: _____

NAS CARD # / Exp: _____

T-shirt Size: _____

NAS Payment (Check #): _____

Division: _____

Weight Class: _____