

RCSC 2011

The River City Strongman Challenge

(North American Strongman Inc. Membership required of all Contestants)

PROMOTERS: Jake Rowell and Chris Lawyer

DATE: September 10, 2011

TIME: 11am

LOCATION: RVA Performance Training
(804) 313-9348
904 West Leigh Street
Richmond, VA 23220

HOTEL: Clarion Hotel Richmond Central
(804) 359-9441
3207 N Boulevard
Richmond, VA 23230

WEIGH-INS: 4:30pm-7pm Friday (9/9) at The Weight Room; 8am-10am Saturday (9/10) at RVAPT

RULES: 10am

DIVISIONS: Open Lightweight (200 and under), Middleweight (201-265) and Heavyweight (266+) Novice, Women, Master

WEIGHT CLASSES: All NAS weight classes with 3 or more registered competitors

EVENTS: Power Medley, Max Yoke, Farmers Walk, Tire/Sled medley, Atlas Stones
Events are subject to change without notice

AWARDS: All contested weight classes and divisions will receive awards TBD

ENTRY FEES: 50 dollars – *Entries received are non-refundable*

ENTRY DEADLINE: Entries must be postmarked by August 26th – limit 50 competitors.

CHECKS PAYABLE TO: The Weight Room
(804) 422-0200
1600-G Roseneath Road
Richmond, VA 23230

WEBSITE: www.rivercitystrongman.com

EMAIL: info@rivercitystrongman.com

PHONE: 804-422-0200

RCSC 2011 EVENT DETAILS

Power Medley

Down signal must be received for any lift to count; Time limit will be 60sec.

[The athlete may pass any part of this medley but can NOT go back after touching the next implement]

Women 100 axle, 120 Log, 225 DL, 315 18" DL

Novice 180 axle, 180 Log, 350 DL, 500 18" DL

Masters/Lightweights 200 axle, 220 Log, 450 DL, 600 18" DL

Middleweights 230 axle, 250 Log, 500 DL, 650 18" DL

Heavyweights 250 axle, 280 Log, 550 DL, 700 18" DL

Max Yoke

50' per attempt; 1 drop allowed per attempt; 3 attempts, Wessels rule; Time limit will be 60sec.

Minimum Opener will be 160 for all divisions.

Farmers Walk

120' w/turn at 60'; 1 drop allowed; Time limit will be 60sec.

Women: 120s

Novice: 180s

Lightweight/Masters: 230s

Middleweight: 260s

Heavyweight: 280s

Tire/Sled medley

Tires provided by Leete Tire. Weights TBD.

Atlas Stones (tentative ranges provided; platform heights TBD)

Series of 5 Stones in 75 sec

Women: 135-240

Novice: 175-270

Lightweight/Masters: 215-350

Middleweight/Heavyweight: 240-360

Events and weights are subject to change without notice

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 Chris Lawyer, Jacob Rowell, The Weight Room, LLC, CrossFit RVA (CFRVA), RVA Performance Training (RVAPT), North American Strongman, Inc., 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 River City Strongman Challenge (RCSC 2011) 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 (on 9/10/2011):** _____

ADDRESS: _____

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

PHONE: _____ **EMAIL:** _____

DIVISION: _____ **WEIGHT CLASS:** _____ **T-SHIRT SIZE:** _____

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