

# PA Dutch Strong

## GOLD LEVEL

(NORTH AMERICAN STRONGMAN Inc. MEMBERSHIP REQUIRED OF ALL CONTESTANTS)

Promoter: Kyle Bixler, Jerry Zimmerman  
Date: February 11<sup>th</sup>, 2012  
Weigh-ins: Saturday 8am-9am; 1-2pm  
Contest Time: Saturday: 9:00am WOMEN/NOVICE DIVISIONS  
Saturday: 2:00pm OPEN DIVISIONS  
Location: **CrossFit Lancaster**  
1200 Corporate Blvd; Suite 4a  
Lancaster, PA 17601

online entry available at: [www.teambix.com](http://www.teambix.com)

### CONTEST DETAILS

Weight Classes: **MEN: LW200, LW231 HW232+**  
**WOMEN: NOVICE, OPEN \*\*\* 3 or more for a class to hold or classes will be combined \*\*\***  
**NOVICE: LW231, HW232+**  
**P/F/M: OPEN \*\*\* 3 or more for a class to hold or classes will be combined with open \*\*\***  
**Masters: OPEN \*\*\* 3 or more for a class to hold or classes will be combined with open\*\*\***

## MORNING WOMEN/NOVICE EVENTS:

**Circus Dumbbell Press: Clean and Press every rep – 60 second time limit**

Women NOVICE: 50# - 3" thick handle  
Women OPEN: 75# - 3" thick handle  
Novice LW: 80# - 3" thick handle  
Novice HW: 100# - 10" circus db

**Farmer's walk: - 50 feet turn, 50 feet back – 60 second time limit**

Women NOVICE: 110#  
Women OPEN: 160#  
Novice LW: 185#  
Novice HW: 225#

**Deadlift for reps – suits and straps ok - 60 second time limit**

Women NOVICE: 185#  
Women OPEN: 275#  
Novice LW: 315#  
Novice HW: 365#

**Keg Carry/Sandbag Carry - 50 feet keg; 50 feet back sandbag – 60 second time limit**

Women NOVICE: Keg – 150#; Sandbag – 150#  
Women OPEN: Keg – 200#; Sandbag – 200#  
Novice LW/HW: Keg – 200#; Sandbag – 200#

**Stone over bar: 48" high – 60 second time limit**

Women NOVICE: 110#  
Women OPEN: 160#  
Novice LW/HW: 220#

## AFTERNOON LW/HW EVENTS:

**Last Man Standing Axle Press – 20# jumps; can start at any weight, but once start have to take every weight**

LW/PFM/MA: start at 200#  
HW: start at 240#

**Frame Carry – 50 feet down and back (100 feet total) unlimited drops – 60 second time limit**

LW200: 450#  
LW231/PFM/MA: 500#  
HW: 600#

**Car Deadlift for reps – suits and straps ok - 60 second time limit**

LW/PFM/MA: economy car  
HW: economy car + 100lbs

**Hussafel Max Distance – turn at 50 feet**

LW200: 250#  
PFM/MA/LW231: 280#  
HW: 330#

**Stone over bar: 48" high – 60 second time limit**

LW200: 220#  
LW/PFM/MA: 290#  
HW: 330#

**ENTRY FEE:** \$65 Entry fee for each division (Includes contest registration and contest tee shirt) Entries received after FEB 3<sup>rd</sup> will not receive a tee shirt. NAS memberships will be available on site. Entries received after FEB 3<sup>rd</sup> - \$80 entry fee.

**ENTRY DEADLINE:** ALL ENTRIES MUST BE RECEIVED BY FEB 3<sup>rd</sup>, 2012.

\*\*\*ALL ENTRIES RECEIVED ARE NON-REFUNDABLE!\*\*\*

<sup>ST</sup>  
1 TWO EVENT ORDERS DETERMINED BY ENTRY DATE

**EMAIL:** teambix@gmail.com  
**PHONE:** Kyle Bixler (610) 864-0654

MAKE CHECKS/MONEY ORDERS PAYABLE TO:  
**Kyle Bixler**  
MAIL ENTRY FORM and FEE TO:  
**Kyle Bixler**  
**125 E. Mountain Rd.**  
**Allentown, PA 18103**

## “PA Dutch Strong”

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 PA Dutch Strong, TeamBix Strength and Sports, Kyle Bixler, CrossFit Lancaster, Jerry Zimmerman, North American Strongman Inc (NAS), 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 this competition and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the PA Dutch Strong and its related events, I hereby grant NAS, 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, 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 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 and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

**NAME:** \_\_\_\_\_ **NAS CARD #:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **HT:** \_\_\_\_\_ **WT:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**DIVISION AND WEIGHT CLASS: PLEASE CIRCLE**

<b>MASTERS</b>	<b>OPEN</b>
<b>WOMENS</b>	<b>NOVICE OPEN</b>
<b>MEN OPEN</b>	<b>LW200 LW231 HW: 232+</b>
<b>NOVICE</b>	<b>LW HW</b>
<b>P/F/M</b>	<b>OPEN</b>

**T-SHIRT SIZE:** S M L XL XXL

**SIGNATURE** \_\_\_\_\_ **DATE:** \_\_\_\_\_

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