

# 2011 Paxton Strongman 7

(North American Strongman Inc. Membership Required of all Contestants, visit [www.nastrongman.com](http://www.nastrongman.com) for details.  
We will also have memberships available at the contest)

## Platinum Level

(Top three in each division (except novice) qualify for the 2012 NAS Nationals)

**PROMOTER:** Nathan Fitzgerald

**DATE:** Sunday, December 4th, 2011

**TIME:** 10:00 AM

**LOCATION:** Anna Maria College (in the gymnasium) – 50 Sunset Lane, Paxton, MA

**WEIGH-INS:** Saturday from 6-8 pm and Sunday (contest day) at 9:00 AM.

**RULES:** 9:30 AM

**DIVISIONS/ WEIGHT CLASSES :** Women's LW (under 140) & HW (141+), Men's LW Novice (under 230) and HW Novice (231+), Men's open divisions : Under 175, 176 - 200, 201 – 230, 231 – 265 and 266+

**Contest Hotel info:** Hilton Garden Inn – 35 Major Taylor Blvd, Worcester, MA. Phone: 508-753-5700. Check [www.paxtonpowergym.com](http://www.paxtonpowergym.com) for all info.

### **EVENTS :**

- 1. Log Press Medley (2 logs. First for 3 reps then second for max reps)**
- 2. Axle Deadlift ( using a standard bar on car tires. Height will be approx 12")**
- 3. Thick Dumbbell Hold (2.5" bar)**
- 4. Farmer's Walk**
- 5. Sandbag Carry**

*Events & weights subject to change without notice*

For all event weights & rules visit [www.paxtonpowergym.com](http://www.paxtonpowergym.com)

**T-Shirt Size (Circle one) - Sm - Med - Lg - XL - 2X - 3X**

**AWARDS:** Trophies 1st - 3rd in each division

**ENTRY FEES: \$60.00.**

**Please get your entry in by November 21st, 2011. There is a strict cap of 60 athletes for this event.**

**MAKE ALL Checks, Cashiers Checks or Money Orders PAYABLE TO: Nathan Fitzgerald at 306 grove street, Paxton, MA 01612 . You may also pay online at [www.paxtonpowergym.com](http://www.paxtonpowergym.com) ( All entries received are non-refundable)**

**Email/Phone number: [paxtonpowergym@charter.net](mailto:paxtonpowergym@charter.net) , 508-791-3291**

**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 Nathan Fitzgerald, Anna Maria College, 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 Paxton Strongman 7 contest 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: \_\_\_\_\_**

**DIVISION / WEIGHT CLASS : \_\_\_\_\_ EMAIL: \_\_\_\_\_**

**SIGNATURE:**

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

## Events/Weights

1. **Log Press Medley (first log for 3 reps then second log for max reps) - LW Women – (100, 115), HW Women (110, 125), LW Novice – (160, 190), HW Novice – (180, 210), Under 176 – (160, 190), 176 – 200 – (180, 210), 201 – 230 (210, 240), 231 – 265 – (240, 270), 266+ (250, 280)**

**Belts, wraps & chalk are allowed only.**

2. **Deadlift for reps (standard bar on car tires. Approx 12” high)**

**Weights : LW Women – (280), HW Women (300), LW Novice – (390), HW Novice – (425), Under 175 – (415), 176 - 200 – (435), 201 - 230 - (475 ), 231 – 265 – (525), 266+ - (575)**

**Belts, wraps, straps, briefs & chalk are allowed only.**

3. **Thick Dumbbell Hold (2.5” bar) - (pick up one in each hand off of floor to lockout at sides)**

**Weights: LW Women (2” bar for women) – (65), HW Women (75) LW Novice – (90), HW Novice – (100), Under 175 – (95), 176 - 200 – (100) 201 - 230 – (105), 231 – 265 – (110), 266+ - (115)**

**Belts, wraps & chalk are allowed only.**

4. **Farmer’s Walk - 80 ft with a turn at 40.**

**Weights : LW Women – (130), HW Women (160), LW Novice – (210), HW Novice – (230), Under 175 – (230), 176 - 200 – (250) , 201 - 230 – (270), 231 – 265 – (280), 266+ - (300)**

**Belts, wraps & chalk are allowed only.**

5. **Sandbag Carry – 150 ft with a turn at 75.**

**LW Women – (125), HW Women (150), LW Novice – (175), HW Novice – (200), Under 175 – (175) 176 - 200 – (200) , 201 – 230- (225) , 231 - 265 - (250), 266+ (250)**

**Belts, wraps & chalk are allowed only.**