

SportsFest Strongman IV

GOLD LEVEL

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

Promoter: Kyle Bixler
Date: July 21st, 2012
Time: **Weigh-In** Fri: TBA Sat: 9am-10am **Rules** 10am **Contest Start** 11:00am
Location: Cedar Beach Park
Ott Street and Hamilton Blvd
Allentown, PA 18103

Directions: <http://www.sportsfest.org/visitor/?id=3>

CONTEST DETAILS

Divisions: **MEN, MASTERS, NOVICE**
Weight Classes: **MEN: LW175, 176-200, 201-231 HW 232+**
NOVICE: LW231, HW232
MASTERS: OPEN *3 or more splits class*

Events:

Alternating Circus Dumbbell Press: *60 second time limit – 1pt for lighter press, 2pts for heavier press; competitor may alternate dumbbells or stay at one dumbbell; most points wins*

NOVICE/MA/LW175/LW200: 100# (1pt)/120# (2pt)
LW: 120# (1pt)/140# (2pt)
HW: 140# (1pt)/160# (2pt)

Keg Carry – *60 second time limit – 50 feet each keg; 60 second time limit*

NOVICE/MA/LW175/LW200: 200#/220#/230#
LW: 220#/250#/270#
HW 250#/270#/280#

Car Deadlift – *60 second time limit, suits and straps ok*

NOVICE/MA/LW: economy car
HW: economy car + 100#'s

Max Tire Flips – *60 second time limit*

NOVICE/LW175: 450#
LW/LW200/MA: 550#
HW: 660#

Keg/Sandbag load: *60 second time limit – platforms are 44" high, 10 feet apart*

NOVICE/LW175/LW200 200# sandbag, 200# keg, 250# sandbag, 250# keg
LW/MA: 200# sandbag, 230# keg, 250# sandbag, 270# keg
HW: 250# sandbag, 150# keg, 280# keg, 300# sandbag

AWARDS: 1ST – 3RD

ENTRY FEE: \$65 Entry fee for each division (Includes contest registration and contest tee shirt) Entries received after July 14th are \$90. All contestants must be members of North American Strongman (NAS). NAS memberships will be available on site to purchase for \$40.

ENTRY DEADLINE: ALL ENTRIES MUST BE RECEIVED BY July 14th, 2012.

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

1ST TWO EVENT ORDERS DETERMINED BY ENTRY DATE

QUESTIONS OR CONCERNS CONTACT

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**

“SportsFest Strongman IV”

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 SportsFest Strongman IV, TeamBix Strength and Sports, Kyle Bixler, 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 Sports Fest Strongman IV 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: _____ **AGE:** _____

HT: _____ **WT:** _____

ADDRESS:

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

PHONE: _____ **EMAIL:** _____

DIVISION AND WEIGHT CLASS: PLEASE CIRCLE

MEN LW: under 175, 176-200, 201-231 HW: 232-265, 265+

MASTERS: OPEN

NOVICE: LW HW

T-SHIRT SIZE: M L XL XXL XXXL

SIGNATURE _____ **DATE:** _____

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