

Central New York Strongest Man & Woman IV

United States Strongman, Inc. Contest Entry Form

[USS Membership Required of all Athletes](#)

Contest Director: Jamie Hantke

Contact Info: 3152002906

Date & Time: 4/18/2020 10:00:00 AM

Location: 481 Sports Center: 6841 Collamer Rd, East Syracuse, NY 13057

Weigh-in: 481 Sports Center 4/17/20 6 to 8pm and morning of contest

Hotel: None

Divisions:

W LW Novice (165-)	W HW Open	M HW Master (220+)
W HW Novice (165+)	W SHW Open	M LW Open
W LW Master (132-)	M LW Teen (220-)	M MW Open
W MW Master (132-165)	M HW Teen (220+)	M HW Open
W HW Master (165+)	M LW Novice (220-)	M SHW Open
W LW Open	M HW Novice (220+)	
W MW Open	M LW Master (220-)	

Events: Overhead Medley, Axle Deadlift, Carry Medley, Farmer Carries, Stone over Bar

Awards: Trophies & Medals

Entry Fees: 65.00

Entry Deadline: 4/3/20

Mail Entries & Fees: 117 Meredith Ave. Nedrow, N.Y. 13120

Online Entry: www.315strong.com

Social Media Links: <https://www.facebook.com/events/546348332604089/>

Central New York Strongest Man & Woman 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 United States Strongman, Inc., Willie Wessels, 315 Strong, 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 United States Strongman, Inc. CONTEST and its related events, I hereby grant United States Strongman, 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 United States Strongman, 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 United States Strongman, 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 United States Strongman, Inc.. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name _____ Shirt: _____

Address: _____

City _____ State: _____ Zip Code: _____

Phone: _____ Age: _____ Date of Birth: _____

Email: _____

Division: _____ Weight Class: _____ Height: _____ Gym: _____

Signature: _____

(Parent or Guardian signature required if the contestant is under 18.)

CNY Strongest Man/Woman	Novice & Masters	LW Woman	MW Woman	HW Woman	SHW Woman	Teen Men	Novice Men	LW/Masters Men	MW Men	HW Men	SHW Men
Overhead Medley (Axle/Log)	90/100	120/120	135/135	150/150	165/165	150/150	200/200	225/225	250/250	265/265	285/285
Axle Deadlift	225	300	325	350	375	405	475	525	550	575	600
Farmer Carry	120	135	145	165	185	175	225	250	275	300	300
Carry medley (Yoke/Husafel)	300/125	375/160	400/180	425/200	450/225	450	550/250	600/260	650/275	675/290	700/300
Stone over bar (46 Woman) (50 Men)	125	175	200	220	245	200	245	275	305	320	320

Overhead Medley:

Athlete will go back and forth for 60 seconds. Can pick which implement they want to go 1st on. Axle will start off of tires loaded on the bar. Log will be from the ground. No drops from the top. Also remember if you slam the axle and it rolls it's your responsibility to retrieve it and put it back on the mat before moving to log. Both Implements must be presses to count as 1 rep. Most reps wins

Equipment allowed: Belt, Knee and Elbow Sleeves, Wrist wraps and chalk.

Axle Deadlift: Athlete starts off the bar and if using straps must put them on, when time starts not before. Athlete deadlifts for 60 seconds. Most reps wins

Equipment allowed: Belt, Knee and Elbow Sleeves, Wrist wraps, Wrist Straps and Chalk

NO DEADLIFT SUITS

Farmer Carry: Athlete picks up farmers and goes 60feet. Full Farmer must cross the line. Unlimited drops allowed. 60 second time limit.

Equipment allowed: Belt, Knee and Elbow Sleeves, Wrist wraps and chalk.

Carry Medley: Yoke/Husafel

Athlete starts with Yoke carries 60feet then picks up husafel and returns 60feet. Unlimited drops, 60 second time limit

Equipment allowed: Belt, Knee and Elbow Sleeves, Wrist wraps and chalk.

Stone over bar:

Athlete will pick up stone and load it over bar for 60 seconds. Ladies: 48 Men: 50 cannot grab crossbar bar to load the stone at anytime. 60 second time limit.

Equipment allowed: Belt, Knee and Elbow Sleeves, Wrist wraps and Tacky