

WV's Strongest 2020

United States Strongman, Inc. Contest Entry Form

[USS Membership Required of all Athletes](#)

Contest Director: Dan Caraway

Contact Info: 3045336177

Date & Time: 3/14/2020 11:00:00 AM

Location: Greenbrier Valley Fitness, 113 Davis Stuart rd, Ronceverte WV

Weigh-in: Greenbrier Valley Fitness, 113 Davis Stuart rd, Ronceverte WV

Hotel: Tba

Divisions:

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

Events: Log and Axle Press Medley, Deadlift for reps, Farmers Walk, Conan's Wheel, Atlas Stone Carry and Loas

Awards: Plaques for top 3

Entry Fees: \$60 adults \$30 teens \$100after deadline

Entry Deadline: 02/28/2020

Mail Entries & Fees: Dan Caraway, 3285 Brush rd, Lewisburg WV 24901

Online Entry: <https://forms.gle/kwWUwdkyDzz6PCmz5>

Social Media Links: <https://m.facebook.com/events/1332757603572408?refid=46&tsid=0.814977479899264&source=result>

WV's Strongest 2020

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, Myself, event staff, employees of Greenbrier Valley fitness, 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.)

WV's Strongest 2020 03/14/2020	MW 165 Women LW 220 Teen M	HW +165 Women HW +220 Teen M LW -220 Novice Men	LW -220 Master Men HW+220 Novice Men LW 181 Men SHW +198 Women	HW+220 Master Men MW 220 Men	HW 242 Men	HW/SHW 242+ Men
Axle and Log Press Medley	130/140	150/160	170/180	210/220	230/240	250/260
Deadlift for reps	275	295	335	495	545	585
Farmers Walk	145	165	185	230	240	260
Conan's Wheel	290	340	470	520	560	610
Atlas Stone Carry and Load	80/100/1 50	100/150/ 175	150/175/ 200	240/270/ 300	270/300/ 330	270/300/ 330

Rules Here:

Press Medley: Athlete can start with either implement. Athlete will clean and press the first implent (log or axel - athletes choice), set down IN A CONTROLLED MANNER, then move to the second implement in which they will clean and press. Upon successful down command, athlete will set down in a controlled manner and move back the the first implement. Athlete will continue back and forth, for max repetitions-

Farmers Carry down a 50' course (100' total), walk around a stationary object and return back down the course to the finish line. Athlete will be allowed 2 drops. If the athlete drops a 3rd time or cannot complete the course in 60 seconds, a distance will be recorded. If the athlete touches the object they are turning around, or slides the farmers handles on the floor, a 2 second slide penalty will be added to the athletes time. Front of the implement must cross the finish line to complete course. Must wear shoes/foot covering. Chalk/liquid chalk only.

Deadlift for reps: Standard Height. Athlete will deadlift for maximum reps in 60 seconds. Upon successful lockout (shoulders and hips in alignment), a down command will be given (no up command will be given - touch and go is allowed). Conventional only (i.e. NO SUMO). Athletes palms must be in contact with the bar at all times. Straps allowed. No Deadlift hooks/hook type contraptions allowed. No supportive suits OR Briefs of any kind. Athlete must have shins/knees covered - we don't want ya dirty blood on the omni bars. Athletes must wear foot covering - deadlift socks or shoes NO BARE FEET. Chalk/liquid chalk only - see above for what chalk is not.

Conan's Wheel: Athlete will pick up the implement and carry as far as possible. Only one drop is allowed, unless the drop occurs due to an unbalanced pick. The implement and/or arms may not rest on the belt. If the implement drags more than 1ft during the carry the total distance will be marked from the beginning of the drag.

Atlas Stone carry and load: Stones will be staggered at 15', 10', and 5' from the bar in descending weight (i.e. lightest at 15', second lightest at 10' and heaviest at 5'). Athlete will pick each stone, carry, and load over the bar in whatever order they choose. Chalk and Tacky allowed. Bar height will be set at 48in for all open men and 44in for everybody else.