6th Annual JD's Gym Fall Strongman/Strongwoman Competition

United States Strongman, Inc. Contest Entry Form

USS Membership Required of all Athletes

Contest Director: James K Dalton III

Contact Info: jdsgym@gmail.com or (314) 200-8080

Date & Time: 11/23/2019 10:00:00 AM

Location: JD's Gym 3542 Lemay Ferry Road Saint Louis, MO 63125

Weigh-in: 11/22/19 from 9am-9am and 11/23/19 from 8am-9am both at JD's Gym 3542 Lemay Ferry Road Saint Louis, MO 63125

Hotel: Holiday Inn South County Center 6921 South Lindbergh Saint Louis, MO 63125

Divisions:

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

Events: 1) Circus Dumbbell for reps in a minute 2) Max Axle Deadlift from the floor 3) Keg over Bar for reps in a minute, 4) Simulated Dinnie Stone Lift and Hold for Max Time.

Awards: Trophies and Medals

Entry Fees: $45

Entry Deadline: 11/16/19

Mail Entries & Fees: JD's Gym 3542 Lemay Ferry Road Saint Louis, MO 63125

Online Entry: Entry Fee can be sent to PayPal at jdsgym@gmail.com

Social Media Links: https://www.facebook.com/events/550127205726188/

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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, JD's Gym and James Dalton,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.)

JD's Gym 2019 Fall Comp.	Teen Women, Novice Lightweight Women, Masters Women	Heavyweight Novice Women and Lightweight Open Women	Middleweight Open Women	Heavyweight Open Women
Circus Dumbbell	60	70	75	80
Axle Deadlift	Max (Wessels Rule)	Max (Wessels Rule)	Max (Wessels Rule)	Max (Wessels Rule)
Keg Over Bar	125	150	175	175
Simulated Dinnie Stone Hold	TBD	TBD	TBD	TBD

JD's Gym 2019 Fall Comp.	Teen Lightweight Men, Novice Lightweight Men. Masters Men	Heavyweight Teen Men, Novice Heavyweight Men	Open Lightweight Men	Open Middleweight Men	Open Heavyweight Men
Circus Dumbbell	90	100	110	130	150
Axle Deadlift	Max (Wessels Rule)	Max (Wessels Rule)	Max (Wessels Rule)	Max (Wessels Rule)	Max (Wessels Rule)
Keg Over Bar	200	225	225	300	300
Simulated Dinnie Stone Hold	TBD	TBD	TBD	TBD	TBD

Rules Here:

Event # 1) Circus Dumbbell Clean and Press

The competitor will clean the dumbbell from the ground and press to a full lockout position. The athlete must wait for the "down" command before cleaning and pressing again (athlete must clean every rep). The

competitor will have 60 seconds to complete as many reps as possible. Competitors may use chalk, belts, wrist wraps, and elbow sleeves. .

Event # 2) Max Axle Deadlift (from the floor)

Each athlete will get three attempts (Wessels Rule) to hit a max axle deadlift. The athletes may jump in wherever they like (rising bar). To get credit for a successful lift, the athlete must lift the bar from the ground into a full lockout position until the judge gives the down command. No excessive hitching allowed. Competitors can use straps, belt, chalk, and deadlift suits ARE allowed.

Women's Starting weight: 180lbs – (Women's weight will jump 10lbs each round)

Men's starting weight: 300lbs- (Men's weight will jump 20lbs each round)

Event # 3) Keg Over Bar

At the start command, the athlete will load the keg over the bar as many times as possible in a minute. The athlete may either pull the keg back to the start position after loading OR run to the other side of the yoke to load it again. Max reps in one minute wins. Bar height will be about 48" for women and 52" for men.

Event # 4) Simulated Dinnie Stone Pick and Hold:

Athletes must pick the weight and stand to a full lockout position. One implement must be in front and one must be behind the competitor. Once in the full lockout position, the athlete will hold the weight as long as possible. Once one or both of the implements hits the ground, the time stops. Longest time wins. Competitors may use wrist wraps, elbow sleeves, a belts. No straps allowed.