

Central Georgia's Strongest Man

United States Strongman, Inc. Contest Entry Form

[USS Membership Required of all Athletes](#)

Contest Director: Greg and Nicole Fields

Contact Info: 478-960-1617(Greg)/478-318-6046(Nicole)

Date & Time: 3/28/2020 10:00:00 AM

Location: 2055 Eisenhower Parkway Macon, GA 31206

Weigh-in: TBD

Hotel: TBD

Divisions:

W LW Novice (165-)

W HW Novice (165+)

W LW Open

W MW Open

W HW Open

M LW Novice (220-)

M HW Novice (220+)

M LW Master (220-)

M HW Master (220+)

M LW Open

M MW Open

M HW Open

M SHW Open

Events: Press Medley, Deadlift, Yoke Carry, Carry Medley, Stone Over Bar

Awards: 1st-3rd each division

Entry Fees: \$60 / \$75 for late entries

Entry Deadline: Friday 3/27 at weigh ins

Mail Entries & Fees: 2303 Pate Rd. Juliette, GA 31046

Online Entry: <https://www.eventbrite.com/e/central-georgias-strongest-man-contest-2020-tickets-76806948651>

Social Media Links: <https://www.facebook.com/events/400319477553565/>

Central Georgia's Strongest Man

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, Greg and Nicole Fields, CGSM Sponsors, Georgia State Farmers Market, Georgia Grown, CGSM staff/volunteers, 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.)

Central Georgia's Strongest Man Contest ~ 2020 ~ Weight Matrix

Men	LW Novice LW Open LW Master	HW Novice HW Master	MW Open	HW Open	SHW Open	Adaptive Class
Press Medley (keg/log/axle)	160/200/200	200/230/230	200/240/240	225/265/265	250/295/295	TBD
Deadlift	465	500	520	560	600	TBD
Yoke Carry	550	625	625	700	780	TBD
Carry Medley (farmers/sandbag)	225/200	250/235	250/235	275/260	300/280	TBD
Stones	275	300	300	325	350	TBD

Women	LW Open	LW Novice Master	MW Open HW Novice	HW Open
Press Medley (dumbbell/log/axle)	50/100/100	60/110/110	70/125/125	80/150/150
Deadlift	230	250	275	315
Yoke Carry	335	335	375	425
Carry Medley (farmers/sandbag)	125/100	125/125	145/150	165/170
Stones	150	175	175	200

Press Medley

60 second time limit. Pressing order will be: DB/Keg, Log then Axle. Axle will be a press away (clean once and press for reps) Belts, elbow/wrist sleeves, grip shirts and wrist wraps allowed.

Dead Lift

60 seconds time limit dead lift for reps. Standard deadlift with power bar. Straps, belts, knee sleeves and wrist wraps allowed. *no suits

Yoke:

60 seconds. Carry yoke 100ft total. 50ft. down and 50ft back. Unlimited drops. Knee sleeves, belts

Carry Medley

75 seconds. Distance is 60ft down and back. Carry farmers down then carry sandbag back. Knee sleeves, belt, wrist wraps and elbow sleeves allowed. Unlimited drops.

Atlas Stones

60 second time limit – stone over bar – height 48 inch women/ 51 inch men

Tacky, belts, stone sleeves and supportive shorts allowed