

Arizona's Strongest Man & Women 2020

United States Strongman, Inc. Contest Entry Form

[USS Membership Required of all Athletes](#)

Contest Director: Ralph Luksza

Contact Info: 623-217-6200

Date & Time: 2/29/2020 10:00:00 AM

Location: Alpha Omega Strongman Facility 301 W. Mohave Street Phoenix, AZ 85003

Weigh-in: Alpha Omega Strongman Facility 301 W. Mohave Street Phoenix, AZ 85003 2/28/2020 8am-7pm, Saturday 2/29/2020 7am-8am

Hotel: Holiday Inn Express Phoenix Airport code USS

Divisions:

W HW Master (165+)	M HW Master (220+)
W LW Open	M LW Open
W MW Open	M MW Open
W HW Open	M HW Open
W SHW Open	M SHW Open

Events: Saturday- Event#1 Yoke carry to 2 sand bag carry /load, Event#2 Fingal Finger for reps, Event #3 Conans Wheel. Sunday- Event#4 Husafel Carry for Distance Event#5 5+ Atlas Stones to 48" platform Plus 6th stone for extra points

Awards: Cash Prizes

Entry Fees: \$95.00

Entry Deadline: 2/8/2020

Mail Entries & Fees: No see website for online entry form

Online Entry: www.AlphaOmegaStrengthStrongman.com

Social Media Links: FB @AlphaOmegaStrongman IG @AlphaOmegaStrengthStrongman

Arizona's Strongest Man & Women 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, GV Property PLLC. Ralph Luksza Amy Luksza Integrity Sales Group LLC dba Alpha Omega Strength Strongman, 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.)

ARIZONA'S STRONGEST MAN AND WOMEN 2020						
		Saturday Event #1	Saturday Event #2	Saturday Event #3	Sunday Event #4	Sunday Event #5
		Yoke Carry 2 Sand Bag load	Fingal Finger for reps	Conans Wheel	Husafel for Distance	5 + Atlas Stones series
		Yoke lbs / SB#1 / SB#2	lbs	Time and Distance	total In ft	time vs stones loaded
Women	LWW/ Masters	350 / 150 / 175	300	300 lb.	175	100,125,150,175,200
	MWW	450 / 150 / 175	300 + 50 lb chain	350 lb.	225	125,150,175,200,225
	HWW	500 / 175 / 200	300 + 50 lb chain	400 lb.	275	150,175,200,225,250
	SHWM	550 / 200 / 225	300 + 75 lb chain	400 lb.	300	175,200,225,250,275
		Yoke Carry 2 Sand Bag load	Fingal Finger for reps	Conans Wheel	Husafel for Distance	5 + Atlas Stones series
		Yoke lbs / SB#1 / SB#2	lbs	Time and Distance	total In ft	time vs stones loaded
Men	LWM	550 / 200 / 225	450	500 lb.	300	175,200,225,250,275
	MWM / Masters	650 / 225 / 250	450 + 50 lb chain	550 lb.	325	250,275,300,325,350
	HWM	700 / 225 / 250	450 + 75 lb chain	600 lb.	375	300,325,350,375,400
	SHWM	800 / 250 / 275	450 +100 lb chain	700 lb.	425	325,350,375,400,425