



NAS LEVEL I COMPETITION

Promoter: Hurricane Fitness (605) 787-2571

mike@hurricanefitness.com

Event Date: 8-27-16

Event Start Time: 12:00PM

Information:

Weigh ins will be held on **8-27-16** at **800 San Francisco St, Rapid City, SD**
At 11:00am

Rules meeting will be held on at the contest location, : **800 San Francisco St, Rapid City, SD**

Divisions/Weight Categories: A minimum of **three (3)** competitors in necessary for a class to be offered. If there are less than **three (3)** competitors present, that class shall be combined with an appropriate class.

| DIVISION | WEIGHT CATEGORY (in lbs) |
|-----------------------|---------------------------------|
| NOVICE (WOMEN) | OPEN WEIGHT |
| NOVICE (MEN) | OPEN WEIGHT |
| WOMEN'S LW | <150 |
| WOMEN'S HW | 150+ |
| MEN'S LW | <200 |
| MEN'S MW | <231 |
| MEN'S HW | <265 |
| MEN'S SHW | 265+ |

Awards: 1st, 2nd, and 3rd place medals

1st place in each weight category (excluding novice divisions) will qualify for NAS Nationals.

**Entry Fee: \$50. NORTH AMERICAN STRONGMAN INC. (NAS) MEMBERSHIP REQUIRED
OF ALL CONTESTANTS *(see below).**

**Make entry fee checks payable to:
Hurricane Fitness**

Mail entry form and fee to:

**157 E. Main St N.
Rapid City, SD 57701**

| EVENT #1: POWER STAIRS | EVENT #2: AXLE BAR DEADLIFT |
|--|---|
| Athletes shall load the implement to a 16" box as many times as possible within a 60 second time limit. Judges shall give a "down" signal after a successful repetition is completed. Elbow sleeves, wrist wraps, belts, and chalk allowed. | Athletes will apply the Wessel's rule of 3 and have 3 attempts to deadlift an Axle Bar for a max repetition. Judges shall give a "down" signal after a successful repetition is completed. This event will be double overhand, no straps, no tacky, no suits. Belts are allowed. |
| NOVICE WOMEN: 200 pounds | NOVICE WOMEN: Open |
| NOVICE MEN: 275 pounds | NOVICE MEN: Open |
| LW WOMEN: 225 pounds | LW WOMEN: Open |
| HW WOMEN: 275 pounds | HW WOMEN: Open |
| LW MEN: 350 pounds | LW MEN: Open |
| MW MEN: 400 pounds | MW MEN: Open |
| HW MEN: 450 pounds | HW MEN: Open |
| SHW MEN: 475 pounds | SHW MEN: Open |

| EVENT #3: TIRE FLIP | EVENT #4: FARMERS WALK- AXLE PRESS |
|---|---|
| Athletes shall attempt to flip a tire 100' for the fastest time. There will be a 2 minute time limit for this event. | Athletes shall carry the farmers walk implements 60' where they will drop them across finish line. Athlete will then medley with an Axle clean to press. Only one clean is necessary and 5 presses. Judges shall give a "down" signal after a successful repetition is completed. There is a 2 minute time limit on the event. |
| NOVICE WOMEN: 225 pounds | NOVICE WOMEN: 190/ 65lbs |
| NOVICE MEN: 300 pounds | NOVICE MEN: 405lbs/ 165lbs |
| LW WOMEN: 300 pounds | LW WOMEN: 215lbs/ 85lbs |
| HW WOMEN: 500 pounds | HW WOMEN: 365lbs/ 110lbs |
| LW MEN: 500 pounds | LW MEN: 465lbs/ 185lbs |
| MW MEN: 500 pounds | MW MEN: 545lbs/ 205lbs |
| HW MEN: 800 pounds | HW MEN: 575lbs/ 255lbs |
| SHW MEN: 800 pounds | SHW MEN: 625lbs/ 265lbs |
| | |

| EVENT #5: VEHICLE PULL |
|--|
| Athletes shall pull a vehicle 100' hand over hand by rope. Athlete can be seated or standing against a tire. Sleeves and belts are allowed. |
| NOVICE WOMEN: TBD |
| NOVICE MEN: TBD |
| LW WOMEN: TBD |
| HW WOMEN: TBD |
| LW MEN: TBD |
| MW MEN: TBD |
| HW MEN: TBD |
| SHW MEN: TBD |

NORTH AMERICAN STRONGMAN INC. (NAS) MEMBERSHIP REQUIRED OF ALL CONTESTANTS

Competitors must provide proof of NAS Membership or purchase a new membership – **NO EXCEPTIONS**. You may renew or purchase a new membership at the event. The memberships are separate from the entry fee. Cash, Check, or Credit Card is acceptable for memberships. Please make checks payable to NAS. New adult memberships are \$52 and new teen memberships are \$32. Adult

membership renewals are \$42 and teen membership renewals are \$22. You may also purchase memberships online at www.nastrongman.com. Please bring proof of membership or purchase.

2016 **Competition name** ENTRY FORM

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 the **Blackhill Strongman, Hurricane FitnessLLC, Mike Brown, Will Hayford, North American Strongman Inc (NAS), Dione Wessels**, any and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with this competition and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the **Black Hills StrongMan** and its related events, I hereby grant NAS, 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 any time in connection therewith. Nothing contained herein shall be deemed to obligate NAS, 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 NAS 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 NAS and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **AGE:** _____

E-MAIL: _____

GYM NAME/LOCATION: _____

DIVISION: (CIRCLE ONE) NOVICE WOMEN, NOVICE MEN, WOMEN'S LW, WOMEN'S HW, MEN'S LW, MEN'S MW, MEN'S HW, MEN'S SHW

T-SHIRT SIZE: (CIRCLE ONE) XS S M L XL 2XL 3XL 4XL 5XL

PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE.

SIGNATURE: _____

PARENT/GUARDIAN SIGNATURE: _____