



IPA Strength Spectacular and NAS “Keystone III” Strongman Show

Silver LEVEL

(NORTH AMERICAN STRONGMAN Inc. MEMBERSHIP REQUIRED OF ALL CONTESTANTS)

Promoter: Kyle Bixler
Date: Saturday, June 23, 2012
Weigh-ins: Friday: 6:00 pm –7:00 pm location TBA;
Saturday: 8:30am-9:30am
Contest Time: **Saturday: 10:00am**
Location: **York Barbell Company**
3300 Board Rd.
York, PA 17406

CONTEST DETAILS

Divisions: **OPEN MEN, NOVICE, MASTERS, P/F/M**
Weight Classes: **MEN: Up to LW200; Up to MW231; HW232+**
NOVICE: OPEN
MASTER: OPEN

EVENTS:

TSS Circus Dumbbell Clean and Press Medley:

Novice/LW200: 90# (3” handle), 100# (10” bell), 110# (10” bell), 120# (12” bell)
LW/MA: 100# (10” bell), 110# (10” bell), 120# (12” bell), 130# (12” bell)
HW: 120# (10” bell), 130# (10” bell), 140# (12” bell), 150# (12” bell)

TSS Farmer’s Walk – 80 feet straight – 60 second time limit

Novice/LW200: 225#
LW/MA: 265#
HW: 325#



EVENTS CONTINUED:

TSS Car Deadlift for reps – suits and straps ok – 60 second time limit

Novice/LW/MA: economy sized car

HW: economy sized car + 100#'s

Keg/Sandbag Carry (50 feet keg/50 feet sandbag) – 60 second time limit

Novice/LW200: 200# keg/200# sandbag

LW/MA: 250# keg/250# sandbag

HW: 280# keg/300# sandbag

Stone over bar – 48’’: 60 second time limit

Novice/LW200: 220#

LW/MA: 290#

HW: 330#

Awards: 1ST – 3RD

Entry Fee: \$55 Entry fee for each division (Includes contest registration and contest tee shirt)
Entries received after June 15th will not be guaranteed a tee shirt. NAS memberships will be available on site.

Entry Deadline: ALL ENTRIES MUST BE RECEIVED BY June 15th, 2012. After June 15th entry fee is \$80. ***ALL ENTRIES RECEIVED ARE NON-REFUNDABLE!***

1ST TWO EVENT ORDERS DETERMINED BY ENTRY DATE

QUESTIONS OR CONCERNS CONTACT:

Email: teambix@gmail.com

Phone: Kyle Bixler (610) 864-0654

MAKE CHECKS/MONEY ORDERS PAYABLE TO:

Kyle Bixler

MAIL ENTRY FORM and FEE TO:

Kyle Bixler

125 E. Mountain Rd.

Allentown, PA 18103



WAIVER AND RELEASE OF CLAIMS

“Keystone III”

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 Keystone III, TeamBix Strength and Sports, Kyle Bixler, York Barbell, North American Strongman Inc (NAS), Willie or 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 Keystone III 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 anytime 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: _____ NAS CARD # _____

AGE: _____ HT: _____ WT: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

DIVISION AND WEIGHT CLASS: PLEASE CIRCLE

MASTERS OPEN

MEN OPEN LW200 LW231 HW: 232+

NOVICE OPEN

T-SHIRT SIZE: L XL XXL

SIGNATURE _____ DATE: _____

(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS)