

IPA Strength Spectacular and NAS “Keystone 4”

LEVEL I

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

Promoter: Kyle Bixler
Date: June 22nd, 2013
Weigh-ins: Friday 6-7pm 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**
Weight Classes: **MEN: LW200 LW231 HW232+**
NOVICE: OPEN
Masters: OPEN

Events:

Max log press (out of rack) – Last Man Standing – 20lb jumps – 60 second time limit

Novice/LW200: 12” log

LW/MA/HW: 12” log

Farmer’s Walk: - 80 feet straight - 60 second time limit

Novice/LW200: 245#

LW/MA: 265#

HW: 295#

Car Deadlift – 60 second time limit

Novice/LW200: econ sized car

LW/MA: econ sized car + 90lbs

HW: econ sized car + 180lbs

Sandbag/Keg Medley/load (60 feet sandbag/50 feet heavier sandbag/40 feet keg/30 feet keg) – load to 44” platform – 60 second time limit

Novice/LW200: 200# sandbag/200# sandbag/200# keg/220# keg

LW/MA: 250# sandbag/250# sandbag/220# keg/250# keg

HW: 250# sandbag/250# sandbag/250# keg/280# keg

Truck Pull – box truck – approx. 15,000lbs – 50 feet

Novice/LW200: harness and rope

LW/MA: harness and rope

HW: harness and rope

AWARDS: 1ST - 3RD

ENTRY FEE: \$55 Entry fee for each division before May 1st. After May 1st \$65 (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!

1 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

“Keystone 4”

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 4, 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 4 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: _____

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)