

Keystone 5

LEVEL 1

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

Promoter: Kyle Bixler
Date: June 21, 2015
Weigh-ins: Saturday 6-7pm TBA; Sunday 9am-9:30am at venue
Contest Time: Sunday: 10:00am contest starts
Location: **York Barbell Company**
3300 Board Rd.
York, PA 17406

***online entry available at: www.teambixstrength.com

CONTEST DETAILS

Divisions: **OPEN MEN, NOVICE, MASTERS, WOMEN**
Weight Classes: **MEN: LW175LW200, under 231 HW232+**
WOMEN: NOVICE, OPEN
NOVICE: LW HW
Masters: LW HW

Events:

Circus DB Press - clean and press every rep - 60 second time limit

Women Novice: 50# (3" handle)
Women Open: 80# (3" handle)
Novice: 100# (3" handle)
LW200: 125# (12" bell)
LW231/MA: 145# (12" bell)
HW: 165# (12" bell)

Yoke Walk - 50 feet - multiple drops allowed - 60 second time limit

Women Novice: 350#
Women Open: 450#
Novice/LW200: 650#
LW/MA: 700#
HW: 800#

Tire Flip - most flips in 60 seconds

Women Novice: 450#
Women Open: 450#
Novice: 550#
LW200: 550#
LW/MA: 660#
HW: 660#

MAX Hussafel Stone carry – MAX distance, turns at 50 feet - no time limit

Women Novice: tbd
Women Open: tbd
Novice: tbd
MA/LW200: tbd
LW231/HW: tbd

Stone over bar - 48" bar - 60 second time limit

Women Novice: 110#
Women Open: 150#
Novice: 280#
LW175/LW200: 300#
LW/MA: 330#
HW: 330#

AWARDS: 1ST – 3RD

ENTRY FEE: \$35 Entry fee if received by Jan 31st
\$60 Entry fee if received by June 6th

for each division (Includes contest registration and contest tee shirt)if entry received by June 6th, 2015.
NAS memberships will be available on site.

ENTRY DEADLINE: ALL ENTRIES MUST BE RECEIVED BY June 6th, 2015. NO LATE ENTRIES WILL BE ACCEPTED.

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

PLEASE USE WWW.TEAMBIXSTRENGTH.COM FOR ENTRY FORM AND REGISTRATION PAYMENTS

If you must send in the mail, please mail to:

Kyle Bixler
125 E. Mountain Rd.
Allentown, PA 18103

Keystone 5

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 5, TeamBix Strength and Sports, Kyle Bixler, York Barbell Company, 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 Keystone 5 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 LW231 HW232+

WOMEN: NOVICE

WOMEN: OPEN

MEN OPEN LW175 LW200 LW231 HW232+

NOVICE LW231 HW232+

T-SHIRT SIZE: S M L XL XXL

SIGNATURE _____ DATE: _____

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