

American Strongman "Live" Southwest Strongman (PLAT PLUS For both LW and HW)

(Must be a current NAS member. Cards can be purchased at the show)

PROMOTER: ASC

DATE: 08/14/2009-08/15/2009

TIME: Friday 5PM – 8PM and Saturday 11Am – 4PM

HOTEL: coming soon

LOCATION: Dallas, TX Convention Center <http://www.supershowexpo.com/home.php?reloaded=true>

DIVISIONS: HW Open; LW Open

EVENTS: page two

AWARDS: 1st Place finisher will receive trophy and Pro card

ENTRY FEES: \$100.00

ENTRY DEADLINE: 08/05/2009 all entries must be postmarked by date. No late entries will be accepted. *Entries received are non-refundable*

For Contest Info, please contact; dione@americanstrongman.com / 314-565-5970 or mike@americanstrongman.com / 803-414-7492

MAKE ALL CHECKS PAYABLE TO: American Strongman Corp 11676 Mark Twain Lane; Bridgeton, MO 63044. You may also pay your entry fee via Pay Pal to merchant name Dione Wessels dione@americanstrongman.com (if paying by pay pal, please include the 4.00 service fee)

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 North American Strongman, Inc, American Strongman Corp. Willie or Dione Wessels, Mike Johnston, The City of Dallas, Ed or Betty Pariso, Dallas Convention Center, Europa Expo, 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 2009 ASC "Live" event in Dallas, Texas and its related events, I hereby grant NAS 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 NAS 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 NAS 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 NAS INC. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

NAME: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ DATE OF BIRTH: _____

EMAIL: _____

DIVISION: _____ WEIGHT CLASS _____ T-shirt size _____ HEIGHT: _____

SIGNATURE: _____
(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

The contest is being held in conjunction with The Europa Show of Champions. Fitness, Bodybuilding, powerlifting, wrestling, and so much more will be going on. For ticket information, please see <http://www.supershowexpo.com/home.php?reloaded=true>

Day 1 Events:

1. Yoke / Keg Medley-75secs

Yoke: 900 # LW- 750 yoke

Keg Carry: Each block carried 40' to line, upright. Keg to be carried in front of body
250# and 300#

2. Axle Dead Lift for Reps: (60) seconds / No sumo

- Axle DL HW 600 # reps LW-500#

Day 2 Events:

2. Farmers Medley: 50' one way 50' back – Multiple drops allowed
285# tanks / 355# farmers LW-315#

3. Log Medley: (60) seconds – any order (log, axle, keg)

- Log: 330 LW-280

- Axle: 300 LW-260

- Keg: 250 LW- 250

4. Sled drag medley: 75 secs

Load 2 kegs into sled, and then drag 50' (same for LW)

5 Atlas Stones over bar for reps: (60) seconds – 360# stone LW-330#