

**Alli-Gators Bar and Grill**  
**presents**  
**4th Annual Southwest Florida Strongman Contest**  
**And Mike Witmer Memorial**

**PROMOTER:** Dave Beers, 239-565-2070

**DATE:** March 13th, 2010

**TIME:** 12:00pm

**LOCATION:**

Alli-Gators Bar and Grille  
4451 Veronica Shoemaker Blvd,  
Fort Myers, FL. 33916  
Phone: 239-738-5551

**WEIGH-INS:** 11:00am

**RULES:** 11:45pm

**DIVISIONS:**

- Women's
- Novice
- Masters
- Lightweight 200lbs. and under
- Middle- Weight 231lbs. and under
- Heavyweight

## **EVENTS:**

### **1. Incline Log Press for reps:**

- Women's: 125lbs.
- Novice: 240lbs.
- Masters: 240lbs.
- LWY: 240lbs.
- MWY: 275lbs.
- HWY: 325lbs.
- Competitor must wait for "down" signal before beginning next repetition
- Log must be pressed until elbows are in a locked position.
- Belt "Ok"
- Wrist Supports "Ok"
- 60 second time limit
- 12" Diameter log
- Most repetitions in 60 seconds wins event

### **2. Yoke Carry:**

- Women's: 300lbs.
- Novice: 550lbs.
- Masters: 550lbs.
- LWY: 550lbs.
- MWY: 625lbs.
- HWY: 700lbs.
- Competitors will carry the Yoke implement 80', fastest time wins event.
- Unlimited drops
- 60 seconds time limit
- Fastest time wins event

### **3. Farmers Walk:**

- Women's: 130lbs. per hand
- Novice: 225lbs. per hand
- Masters: 225lbs. per hand
- LWY: 225lbs. per hand
- MWY: 260lbs. per hand
- HWY: 280lbs. per hand
- Competitors will carry the Farmers implement 80' with no turns
- (1) drop allowed
- 60 second time limit
- Fastest time wins event

### **4. Tire Flip:**

- Women's: 300lbs.
- Novice: 600lbs.
- Masters: 600lbs.
- LWY: 600lbs.
- MWY: 700lbs.
- HWY: 800lbs.
- Competitors will flip the tire end over end for 50' with no turns.
- 60 second time limit
- Fastest time wins event

### **5. Keg Load for reps: (52" platform)**

- Women's: 150lbs.
- Novice: 260lbs.
- Masters: 260lbs.
- LWY: 260lbs.
- MWY: 280lbs.
- HWY: 300lbs.
- Competitors will load the keg onto the platform repeatedly.
- 60 second time limit
- Most repetitions in 60 seconds wins event.

**Events subject to change without notice.**

**AWARDS: Plaques 1<sup>st</sup> – 3<sup>rd</sup>.**

**ENTRY FEES: \$50.00 / \$40.00 N.A.S. card required in order to compete – All paid entries will receive a free meet t-shirt / all entries received are non-refundable.**

**ENTRY DEADLINE: March 1<sup>st</sup>, 2010**

**MAKE All Checks or Money Order Payable To:**

**Diane Meyer**

**6788 Abbott Street**

**Fort Myers, Florida 33966**

**Email questions (attn: Dave Beers) to: [davebeers84@yahoo.com](mailto:davebeers84@yahoo.com)**

**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 Dave Beers, the North American Strongman Inc, 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 these championships and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the 2010 Southwest FL Strongman Contest 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**

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**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

**DIVISION:** \_\_\_\_\_ **WEIGHT CLASS** \_\_\_\_\_ **HT:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_ **T-Shirt Sizes: LG, XL, XXL, XXXL, XXXXL (Please circle one)** \_\_\_\_\_

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