

North American Strongman National Championships

(North American Strongman Inc. Membership Required of all Contestants)

PROMOTER: NAS/ASC for questions, please e-mail dione@americanstrongman.com; Please post all questions pertaining to contest on the message forum "the Anvil" <http://theanvil88051.vuku.com/topic/4064>

DATE: 10/10/2009-10/11/2009

TIME: 12:00PM (Saturday LW Only) 1:00PM (Sunday HW Only)

WEIGH-INS: 10:00AM-1:00PM and 5:00-7:00PM Friday 9-10:30AM (Saturday)

RULES: Rules meeting for ALL athletes will be at 7:15PM in same location as weigh-ins, at contest hotel.

LOCATION: Pelican Park; Carencro, LA

HOTEL: Holiday Inn Holidome, Lafayette, LA 337 233 6815 please ask for Elizabeth or Sarah. Must mention North American Strongman to get rate of 99.00 per night.

DIVISIONS: Light weight and Heavy weight

EVENTS: Events:

Log C&P for Reps/ (LW 230, HW 300)60 seconds, Clean each rep

Tire Flip/ (LW 700, HW 800)/ 60 feet, 60 seconds

Yoke Walk/ Farmer medley (LW 700/250, HW 800/280)/ 50' each, 60 seconds

Pirogue Boat Carry/Load/drag Medley (Keg Carry 250/300, Sandbag Carry 250/300, then drag boat 50'. (<http://en.wikipedia.org/wiki/Pirogue>) Boat weighs 100 pounds empty.

Atlas Stone Load (LW 230-260-300-330-360; HW- 260-300-330-360-380) 52" LW, 54" HW

Weight Class Winners will be Selected (175, 200, 231, 265, 300, SHW)

Overall LW and HW Selected

AWARDS: Cash prizes for 1st-3rd in each weight class; trophies, swords, supplements, duffle bag for overall LW and HW winner

ENTRY FEES: 100.00. *All entries received are non-refundable*

ENTRY DEADLINE: All entries must be postmarked by 09/19/2009. **Entries received postmarked after September 19th requires a 50.00 late fee. ABSOLUTELY NO entries will be after 10/05/09**

MAKE ALL CHECKS PAYABLE TO: ASC 11676 Mark Twain Lane; Bridgeton, MO 63044

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 Mike Johnston, North American Strongman, Inc, American Strongman Corp. Willie or Dione Wessels, Mike Johnston, 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 2008 NASM Championships 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: _____

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

I qualified for nationals at _____