

# 2009 Paxton Strongman 5

(North American Strongman Inc. Membership Required of all Contestants, visit [www.nastrongman.com](http://www.nastrongman.com) for details. We will also have memberships available at the contest)

## Gold Level

(Top two in each division qualify for the 2010 NAS Nationals)

Portion of the proceeds will go to Pernet Family Health and Gilda's Club of Louisville, KY

**PROMOTER:** Nathan Fitzgerald

**DATE:** Sunday, December 13th, 2009

**TIME:** 10:00 AM

**LOCATION:** Anna Maria College, (In the gym located at the Fuller Activities Center), 50 Sunset Lane, Paxton, MA 01612

**WEIGH-INS:** Saturday from 6-8 pm and Sunday (contest day) at 9:00 AM.

**RULES:** 9:30 AM

**DIVISIONS/ WEIGHT CLASSES :** Men's open divisions : under 175, 176 - 200, 201 - 230, 231 - 265, 266 +

**Hotel:** TBA

**EVENTS :**

1. Log Press

2. Trap Bar Deadlift

3. Crucifix Hold

4. Farmer's Walk

5. Sandbag Carry Medley

*Events subject to change without notice*

**For all event weights and rules visit [www.paxtonpowergym.com](http://www.paxtonpowergym.com)**

**T-Shirt Size (Circle one) - Sm - Med - Lg - XL - 2X - 3X**

**AWARDS: Trophies 1st - 3rd in each division**

**ENTRY FEES: \$60.00 if postmarked by December 1<sup>st</sup>. After that a \$10 late fee will be charged. All athletes must have a current NAS membership card. Cards may be purchased contest day for \$40.**

**Please get your entry in by December 1st, 2009. There is a cap of 50 athletes. Once the cap of 50 is met no further entries will be accepted. Also, no entries will be accepted the day of the contest.**

**MAKE ALL Cashiers Checks or Money Orders PAYABLE TO: Nathan Fitzgerald at 306 grove street, Paxton, MA 01612.**

**You may also pay online at [www.paxtonpowergym.com](http://www.paxtonpowergym.com) (Entries received are non-refundable)**

**Email/Phone number: [paxtonpowergym@charter.net](mailto:paxtonpowergym@charter.net) , 508-791-3291**

**ENTRY FORM**

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 Paxton Power Gym, Nathan Fitzgerald, Shayna Fitzgerald, Anna Maria College, North American Strongman Society, 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 2009 Paxton Strongman 5 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 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: \_\_\_\_\_**

**DIVISION / WEIGHT CLASS : \_\_\_\_\_ EMAIL: \_\_\_\_\_**

**SIGNATURE:**

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

**Events:**

- 1. Log Press** – Under 175 (170 lbs), 176 – 200 (190 lbs), 201 – 230 (220 lbs), 231 – 265 (240 lbs), 266 + (260 lbs). Classes under 200 will use a 10” Log and the rest will use a 12” log. Time limit of 60 seconds. Log will be clean once and then press for reps. Feet must be together, arms locked out and head through to get a down command. Log may be set down and cleaned again. Log will be on a single tire on each end. Belts, wraps and chalk allowed.
- 2. Trap Bar Deadlift** - Under 175 (395 lbs), 176 – 200 (435 lbs), 201 – 230 (485 lbs), 231 – 265 (525 lbs), 266 + (575 lbs). Handles are 12” high. Time limit of 60 seconds. There will be a lift and down command. No touch and go allowed. Knees must be locked out, hips through and shoulder back to get a down command. Belts, wraps, straps and chalk allowed. No suits allowed.
- 3. Crucifix Hold** - Under 175 (25 lbs), 176 – 200 (25 lbs), 201 – 230 (30 lbs), 231 – 265 (35 lbs), 266 + (35 lbs). No time limit. Dumbbells will be used. Athlete will be against a wall. Belts, wraps and chalk allowed. No tacky is allowed. Hands must have palms facing forward and not up or down. Athlete must hold the implements out from the sides of the torso. A slight bend in the elbows is permitted however if the bend becomes too great the judge has the right to stop the event and record the time. Using the fists as a guide the implements must not go below chin level or higher than eye level. The athlete may get one warning from the judge to correct the form. The next time the level is broken the time will be stopped.
- 4. Farmer’s Walk** - Under 175 (210 lbs), 176 – 200 (230 lbs), 201 – 230 (250 lbs), 231 – 265 (270 lbs), 266 + (290 lbs). Time limit of 60 seconds. Athlete will pick up implements and walk 70 ft, turn and then walk back 70 feet. No drops allowed. Belts, wraps and chalk allowed. No straps, tacky or other grip aides allowed.
- 5. Sand Bag Carry Medley** - Under 175 (150 & 175 lbs), 176 – 200 (175 & 200 lbs), 201 – 230 (175 & 225 lbs), 231 – 265 (200 and 250 lbs), 266 + (200 and 250 lbs). Time limit of 60 seconds. Athlete will pick up first sandbag off of floor (mat) and walk 70 feet and place sandbag on mat and then pick up second sandbag from floor (mat) and walk back 70 feet and place sandbag on mat. No drops are allowed. If you drop either sandbag a measurement will be taken. Belts, wraps and chalk allowed. No tacky allowed. Sandbag may not be carried on shoulder.