



2009 Mass. State Strongman Championships and The 2009 Teenage and Women's Nationals

(North American Strongman Inc. Membership Is Required For All Contestants)

Portion of the profits will go to the **Chelsea Soldier's Home**, in Chelsea, MA (a veterans' home)

Early Weigh-in: August 7, 2009 Weigh in and Rules, Friday at 6:30pm @ TPS

PROMOTER: CJ Murphy, Total Performance Sports, Everett, MA. & Nathan Fitzgerald
www.totalperformancesports.com Phone: 617-387-5998

DATE: August 8, 2009 **TIME:** 10:00am

LOCATION: Everett Memorial Stadium, Springer St. and Rte. 16, Everett, MA. 02149

HOTEL: Wyndham Hotel, Everett Ave., Chelsea, Ma. 02150

WEIGH-INS: 8:30am **RULES:** 9:00am

DIVISIONS and WEIGHT CLASSES:

Mens Open:

Light weight: 231 and under,
Heavy weight: 232 and over

Teenage Nationals:

Lightweight: 200 and under
Heavyweight: 201 and over

Women's Nationals:

Lightweight: 140 and under
Middleweight: 141 to 165
Heavyweight: 166 and over

EVENTS:

Events and weights-in order.
Weights subject to
change/events subject to
change).

All events 60 seconds.

1- Log Press

1 Clean & Press for max reps

Womens LW-10" log-110lbs.

Womens MW-10" 130 lbs.

Womens Heavy-10" 150 lbs.

Teen LW-10" 170 lbs

Teen HW-10" 200 lbs

LWO-12" 220 lbs

HWO-12" 250 lbs

2-Odd Object Carry

*Max distance, turns at 50 feet
for all classes*

Womens LW-150 pound keg /

Womens MW-175 keg

Womens HW-200 keg

Teen LW-200 keg

Teen HW-250 keg

LWO-250 TPS Tombstone

HWO-350 TPS Tombstone

3-Tire Flip

100' feet

Womens LW-350

Womens MW-450

Womens HW-650

Teen LW-450

Teen HW-650

LWO-650

HWO-800

4-Farmers Walk:*100 feet/no turns*

Womens LW-150 each

Womens MW-170 each

Womens HW-190 each

Teen LW-190 each

Teen HW-220 each

LWO-240 each

HWO-280 each

5-Atlas Stone Over Bar*Bar height 44"*

Womens LW-150

Womens MW-180

Womens HW-200

Teen LW-200

Teen HW-240

LWO-240

HWO-300

Events subject to change without notice at any time.**AWARDS:** *Kick ass* trophies for the top three in each weight class, prizes, t shirt and goody bag to all athletes.**ENTRY FEES:** \$75.00 (*All entry fees are non-refundable*) **ENTRY DEADLINE: July 15, 2009.** **NO LATE ENTRIES ACCEPTED****MAKE ALL CHECKS/ MONEY ORDERS PAYABLE TO: Total Performance Sports****MAIL ENTRY FORM & FEE TO: Total Performance Sports, 11 Victoria St., Everett, MA 02149, Attn: CJ Murphy**



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 Mass. State Strongman Championships/ Teenage and Women's Nationals, and its staff, CJ Murphy, Nathan Fitzgerald, Total Performance and its staff, Paxton Power Gym, the City of Everett, North American Strongman Inc. and its staff, Willie or Dione Wessels, any and all sponsors/suppliers, equipment donors, the officials, volunteers, employees, 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 2009 Mass. State Strongman/ Teenage and Women's Nationals and its related events, I hereby grant **Total Performance Sports LLC**, 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 **Total Performance Sports LLC** 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 **Total Performance Sports LLC** 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 **Total Performance Sports LLC** and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

NAME: _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____

EMAIL: _____

AGE: _____ **HEIGHT:** _____

DIVISION (Please check one): Men's: _____ Novice: _____ Women's: _____

WEIGHT (Please check one):

Men's: Open (Mass. State) 231 and Under _____ 232 and over _____

Teenage National: 200 and Under _____ 201 and over _____

Women's National: 140 and Under: _____ 141-165 _____ 165+ _____

T-SHIRT SIZE: _____

SIGNATURE: _____

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

Parent/Guardian Signature: _____

Please list your most recent accomplishments/titles/achievements in Strongman events and other sports:

North American Strongman Inc., 314-770-9279
Email: dione@nastrongman.com
Website: nastrongman.com