

# 2008 Rose Festival StrongMan

## Presented By: Powerhouse 24

(North American Strongman Inc. Membership Required of all contestants, can be purchased the day of contest)

**Promoters:** John Darling 517-914-3313 & Remi Bruyninga (motorcityfitness.net)

**Date:** Saturday May 31<sup>st</sup> 2008

**Time:** 1:00 P.M.

**Location:** Ella Sharp Park, Jackson, MI

**Weigh-ins:** Friday May 30<sup>th</sup> 5pm to 7pm (Powerhouse 24, Jackson, MI),  
and Saturday May 31<sup>st</sup> 11am @ Ella Sharp Park

**Rules:** Saturday May 31<sup>st</sup> 12pm

**Division:** Men's Open Lightweight and Heavy Weight, Teens

**Wt Classes:** Teens; One weight Class  
Men's Lightweight = 200lbs and under  
231lbs and under  
Heavyweight = over 231lbs.

**Events:** (see page 2 for weights and rules)

1. Tractor Pull
2. Farmers Walk
3. Log Press for reps
4. Tire Flip
5. Stones

(EVENTS SUBJECT TO CHANGE WITHOUT NOTICE)

**Awards:** Each Event: \$100 prize for each division winner. \$100 for LWM and \$100 for HWM in each event)

Weight class winners will receive 1st \$150 + Sword, 2nd \$100 + Award, 3rd \$50 + Award.

Teens will receive the same awards but no cash prizes.

The total cash prizes will be \$1900

**Entry fees:** \$50 Men's, \$35 teens

### **Payment Methods:**

Paypal: Contact John Darling for details on paying with paypal.

By check made payable to: John Darling 330 Oakwood Ave, ClarkLake, MI, 49234

### Entry Form

In consideration of your acceptance of this entry I hereby for myself, my heirs, executors, and administrator's and my assignees waive and release all rights and damages I may have against the \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, 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 2006 \_\_\_\_\_ 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 picture, 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 vide or entertainment organization, to photograph, or otherwise reproduce my voice, appearance or name, or to 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 \_\_\_\_\_ Height \_\_\_\_\_

Signature: \_\_\_\_\_

(parent or guardian signature required if contestant is under 18 years of age)

North American Strongman Society, 314-770-9279

Email: [Dione@nastrongmaninc.com](mailto:Dione@nastrongmaninc.com)

Website: [Nastrongmaninc.com](http://Nastrongmaninc.com)

## Events Rules:

1. **Tractor Pull**  
All Classes will use the same tractor.  
80 ft fastest time or distance completed.  
60 second time limit.  
Harness and Rope  
Allowed: Belt, Chalk, Knee Wraps or Sleeves, Wrist wraps or Sleeves.  
NOT Allowed: Tacky
2. **Tire Flip**  
80 ft fastest time or distance completed.  
Using NAS record weights.  
MLW - 600, MHW - 700, Teens - 500  
60 second time limit.  
Allowed: Belt, Chalk, Knee Wraps or Sleeves, Wrist wraps, for arm sleeves.  
NOT Allowed: Tacky
3. **Log Press**  
Clean once and press for reps.  
Using NAS record weights on a 12 in log.  
MLW - 230, MHW - 240 Teens - 180

60 sec time limit.

Allowed: Belt, Chalk, Wrist wraps, Elbow sleeves, Knee Wraps or Sleeves

NOT Allowed: No objects in belt, Tacky, Elbow Wraps

4. **Farmers Walk**

MAX DISTANCE turns @ 80ft 1.25 handles.

Using NAS record weight.

MLW - 250, MHW - 280, Teens - 200

No time limit.

Allowed: Belt, Chalk, Knee Wraps or Sleeves, Wrist wraps.

NOT Allowed: Tacky, Lifting Straps or Hooks

5. **Stone Load**

5 stones fastest time or most stones loaded.

Field Stones 4 or 5 field stones onto a flat bed hay wagon (about 42 inch) Stones will be between 125 to 225 for teens, 200 to 300 for MLW, 225 to 325 for MHW

75 second time limit.

Allowed: Arm Sleeves, Belts and tacky all OK.

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