

## 2<sup>nd</sup> Annual Iron Warrior Rumble 2018 Entry Form

Contest Director: Anthony San Lorenzo / Seth Lee

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Date & Time: Saturday 6/9/2018 - Events start at 10 AM. Rules Meeting at 9:30 AM

Weigh-in: Friday 6/8/2018 from 6PM to 9 PM. Saturday 6/9/2018 before rules meeting upon request.

Location: Both weight in and event are at Iron Warrior Gym 1630 W Evans Ave Suite H Denver CO 80110

Hotel:

Divisions: Open: Light Middle and Heavy Weight Women / Open: Light Middle and Heavy Weight Men / Novice: Light and Heavy Weight Women / Novice: Light and Heavy Weight Men / Masters: Men

Events: Overhead Medley / Sandbag Keg Farmers Carry / Deadlift Medley / Atlas Stone Series

Awards: 1<sup>st</sup>-3<sup>rd</sup> Place in each division. Top 3 for each division goes to USS Nationals 2018. June 9<sup>th</sup> is the very last day to register for USS Nationals 2018. If you qualify you must register before 11:59 PM on 6/9 or you will NOT be allowed to compete at Nationals 2018.

Register at <https://docs.google.com/forms/d/e/1FAIpQLSd6MdqMwYwWlQb6qRMefggnYDPwgN-iTNY38wc3FmZDysMXOGA/viewform>

Upon Arrival you must sign this waiver in order to compete.

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 United States Strongman, Inc., Willie 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 United States Strongman, Inc. CONTEST and its related events, I hereby grant United States Strongman, 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 United States Strongman, 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 United States Strongman, 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 United States Strongman, Inc. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email: \_\_\_\_\_

Division: \_\_\_\_\_ Weight Class: \_\_\_\_\_ Height: \_\_\_\_\_ Gym: \_\_\_\_\_

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

(Parent or Guardian signature required if the contestant is under 18.)

1) **Overhead Medley**

- a. Athlete will start with the keg and move down the line lifting each implement for 2 reps. Athlete must lift the implement for 2 reps before they can move onto the next. Athlete must lower each implement to the ground. Dropping anything from overhead will result in NO LIFT. Athletes are allowed to clean and press away on all implements.
- b. Keg, Axel, Circus DB, Log
  - i. Open Men – 12” log / Women and Novice – 10”
  - ii. Open Men – 12” Bell with 2.75” Handle DB / Women and Novice – 10” Bell with 2” Handle DB
- c. 75 second max
- d. Best time wins
- e. Equipment allowed
  - i. Belt, knee and elbow sleeves. Wrist wraps, chalk, Grip shirt UNDER event shirt
- f. Equipment Not allowed
  - i. Gloves, tacky of any kind

2) **Sandbag / Keg / Farmers Carry**

- a. Athlete will carry sandbag 60 feet, then keg 60 feet then farmers carry 60 feet.
- b. Unlimited drops for each implement.
- c. 90 second max
- d. Best time wins
- e. Equipment Allowed
  - i. Belt, knee and elbow sleeves. Wrist wraps, chalk.
- f. Equipment Not Allowed
  - i. Gloves, tacky of any kind, deadlift/wrist straps, figure 8 straps.

3) **Deadlift Medley**

- a. Athlete will start with an Olympic bar from the floor for 2 reps. Then will deadlift from 18 inches off large tires or wagon wheels for 2 reps. Lastly they will deadlift the frame for as many reps as possible. 2 Reps on the Olympic bar, 2 reps on the elevated deadlift, max reps in 60 seconds on the frame deadlift. Athlete cannot skip implements.
- b. 60 second max
- c. Most reps wins
- d. Equipment allowed
  - i. Belt, knee and elbow sleeves, wrist wraps, deadlift/wrist straps, figure 8 straps, chalk
- e. Equipment Not allowed
  - i. Gloves, tacky of any kind, deadlift suit, squat suit.

4) **Atlas Stone Series**

- a. 4 stones loaded to 48” for best time. 60 second limit
- b. Athlete will start with their forearms on the wall. Athlete will pick 4 stones in order from lightest to heaviest. Athlete cannot skip stones; they must pick the stones in weight order.
- c. 60 seconds max
- d. Fastest time wins
- e. Equipment allowed.
  - i. Belt, knee and elbow sleeves, forearm guards, any kind of forearm tape, tacky. Grip shirt UNDER Event Shirt
- f. Equipment not allowed

Weight Class / Events	Overhead Medley (Keg,Axel.DB.Log)	Sandbag / Keg / Farmers (farmers is per hand)	Deadlift Medley (Olympic, 18 Inch, Frame)	Atlas Stone Series
Novice LWW (Under 165)	50-65-40-75	75-85-75	185-200-300	105-125-145-165
Novice HWW (165+)	75-95-65-100	100-100-100	225-275-400	145-165-185-205
Novice LWM (up to 220)	100-155-100-175	150-150-150	250-300-450	185-205-225-245
Novice HWM (220+)	150-185-125-200	200-200-175	275-325-500	205-225-245-265
Open LWW (Under 132)	75-95-65-100	100-100-100	225-275-400	145-165-185-205
Open MWW (133-165)	100-115-75-135	150-125-125	275-325-450	165-185-205-225
Open HWW (166-198)	125-135-85-155	200-150-150	325-400-500	185-205-225-245
Open LWM (Under 181)	150-175-110-175	200-200-200	425-475-600	225-245-265-295
Open MWM (182-220)	175-225-125-225	250-250-225	450-525-650	265-295-300-315
Open HWM (221-275)	200-260-155-260	275-275-250	525-575-700	295-300-315-350
Open SHW (275+)	225-250-175-275	300-300-275	550-600-800	295-300-315-350
Masters	175-205-145-240	250-250-225	450-525-650	265-295-300-315

loves, deadlift or squat suit.

\*\*\*all weights/events are subject to change. Some weights are approximate\*\*\*