

NORTHERN CALIFORNIA STRONGMAN CHAMPIONSHIPS
And
BOSS OF MAS WRESTLING TOURNAMENT

Date: Saturday, April 26, 2014

Location: Boss Barbell Club
241 Polaris Drive
Mountain View, CA 94043

Weigh In: Early weigh-in Friday 2:00 p.m. to 4:00 p.m.
Regular weigh-ins Saturday from 8:00-9:00 a.m.
Contest begins at 10:00 a.m.

STRONGMAN DIVISIONS: Men's LW (175 and under)
Men's LW (176-200)
Men's MW (201-231)
Men's MW (232-265)
Men's HW (266+)
Women's LW (140 and under)
Women's MW (141-165)
Women's HW (166+)

MAS WRESTLING DIVISIONS: Men's LW (under 90kg)
Men's MW (90kg-105kg)
Men's MW (105kg-125kg)
Men's HW (125kg+)
Women's LW (under 65kg)
Women's MW (65kg-85kg)
Women's HW (over 85kg)

Events: Axle Clean and Press for Max Weight
Farmers Walk / Yoke Zercher Carry Medley
18" Deadlift for Max Weight
Truck Pull
Stone Series to 48" boxes
(see following page for event descriptions)

Awards: Trophies go to top 3 in each division
Winner in each division qualify for 2014 NAS Nationals

Entry: STRONGMAN - \$60 for entries received before April 1, 2014. \$80 for entries received after that date.

MAS WRESTLING - \$20 for entries received before April 1, 2014. \$25 for entries received after that. **Strongman competitors pay a discounted entry of \$10 to compete in mas wrestling as well!**

Send entries to **Clay Edgin, 12895 Highway 9, Boulder Creek, CA 95006**

STRONGMAN CONTEST IS CAPPED AT 50 COMPETITORS TOTAL

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 Boss Barbell Club, Mountain View Fitness, Daniel Green, Sparkle Green, Clay Edgin, Mas Wrestling USA, Odd Haugen, Julia Haugen, 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 this event, I hereby grant Mas Wrestling USA, 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 Mas Wrestling USA, 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 Mas Wrestling USA 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 Mas Wrestling USA, and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name: _____ Age: _____

Address: _____

City _____ State _____ Zip _____

Telephone Number _____ Email _____

Weight Class and Division _____ Shirt Size _____

Signature _____

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

Please circle whether you are competing in STRONGMAN, MAS WRESTLING, OR BOTH

DESCRIPTION OF EVENTS

1. Axle Clean and Press for Max Weight. Athletes will attempt to clean and press a 2" thick bar from the ground to overhead with as much weight as possible. Any variation of an overhead movement (push press/jerk/strict press/etc) is allowed. Three attempts. Weight must be fully locked out and under control. Lifter must wait until Judge's down signal before lowering the weight under control and attempting another rep. Wessel's Rule in effect – you miss an attempt and you are out of the event. Rising bar format. 60 second time limit
2. Farmer's Walk. Athletes will attempt to lift and carry two plate loaded handles for 30 meters, drop those implements, then zercher carry a yoke back to the start line in the fastest time possible. The yoke zercher carry must be done in the crook of the arms, not carried like a front squat. Multiple set downs allowed. 75 second time limit

LW Women: 115lbs per hand / 175lb zercher carry

MW Women: 135lbs per hand / 215lb zercher carry

HW Women: 185lbs per hand / 265lb zercher carry

LW Men: 205lbs per hand / 335lb zercher carry

MW Men: 225lbs per hand / 375lb zercher carry

HW Men: 275lbs per hand / 405lb zercher carry

3. Max Silver Dollar Deadlift. Athletes will attempt to deadlift as much as possible for one rep with the bar set at 18" off of the ground. Suits, straps, and belts allowed. Conventional stance only; no sumo. Lift must be fully locked out before receiving the judge's down command. We will be using an Okie deadlift bar. Rising bar format with last man standing. Jumps between weights will be at least 20kg until there are only 2 lifters left, then 10kg after that.
NOTE: We'll be using calibrated Ivanko plates and calling out weights in kilograms, so get familiar with the conversion!
4. Truck Pull. Athletes will try to pull a truck down a 30m course as fast as possible. Competitors will have a shoulder harness but no lead rope, although a lead rope may be added on contest day once the event has been thoroughly tested. If the competitor does not finish the entire course, they will be awarded distance as their score. Course is slightly uphill. 60 second time limit.
5. Atlas Stone Series. Competitors will attempt to lift five stones of increasing weight to boxes that are 48" high. Tacky is allowed. Sixty second time limit.

All Women: 100-220lb stones

LW Men: 200-320lb stones

MW Men: 220-350lb stones

HW Men: 260-380lb stones

For rules on MAS WRESTLING, check out <http://www.norcalmaswrestling.com/about/>