



# 2016 Kentucky's Strongest Man & Woman

This event is held in conjunction with the KentuckyMuscle Strength & Fitness Extravaganza

	Max dead lift (Friday Night)	Viking Press (Saturday)	Farmer's Walk (Saturday)	Husa - Keg Medley (Saturday)	Atlas Stone Series (Saturday)
<b>Women</b>	3 Bars	3 Lanes	3 Lanes	3 Lanes	3 Lanes
LW (132 & under) LW Novice (under 165)	XPC- Arnold	120	140	120-125	135,150,175,205
MW (133-165) HW Novice (over 165)	XPC- Arnold	140	160	120-125	150,175,205,220
HW (166-198)	XPC- Arnold	160	180	160-150	175,205,220,240
SHW (199+)	XPC- Arnold	180	180	160-150	175,205,220,240
<b>Men</b>					
LW Novice- LW teen-LW Masters	XPC- Arnold	220	240	200-200	200-220-240-260
MW-HW Teen-HW Novice-HW Masters	XPC- Arnold	240	280	250-250	220-260-300-340
HW	XPC- Arnold	260	320	300-275	240-300-340-365
SHW	XPC- Arnold	280	320	300-275	240-300-340-365

\*Events subject to change without notice. Viking press could go up some. TBA



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- \*Must have 5 competitors per weight division or weight divisions will be combined.
- \*The cut-off weight between HW and LW for the novice and masters divisions is 165 lbs.
- \*Masters division means 40+ years old.
- \*Novice means you are relatively new to the sport. You've NEVER won first place at a contest as a Novice. Open division means you are more experienced. You don't necessarily have to have experience to compete as an Open, it's an option for everyone. The top three Open competitors and the first place Novice competitor will qualify for USS Nationals in June 2017

## United States Strongman, Inc. Contest Entry Form

**Contest Director:** Robby McCann

**Contact:** (502)316-3577 (call or text) or email: [robmccann67@gmail.com](mailto:robmccann67@gmail.com) Info for contest will be updated on the Facebook page.

**Date & Time:** October 28th and 29th (Two day contest)

**Weigh-in:** Crowne Plaza Louisville Airport Hotel (Exact rooms TBA)

**Location:** Kentucky Exposition and Fairground Center  
937 Phillips Lane, Louisville, KY 40209  
(just off I65 near Airport)

**Hotel:** Crowne Plaza Louisville Airport Hotel  
830 Phillips Lane, Louisville, KY 40209  
Phone: 800-633-8723  
Group rate: KentuckyMuscle

**Divisions:** The only Female Divisions will be LW-MW-HW-SHW open classes. ALL Male divisions will be recognized assuming there are 5 or more individuals for each division, this includes Teen-Novice-Master classes.



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Events: XPC-Max Deadlift, Viking Press for reps, Farmer's walk, Husa-Keg Medley, Atlas stone series.

Awards: Trophies 1st-3rd place in each weight division. (Must have 5 competitors per weight division prior to entry deadline to honor the division, otherwise divisions will be combined.) T-shirt given to all competitors.

--XPC- Top 220 and under deadlift will receive a cash prize and top deadlift over 220 will receive a cash prize. 220 and under male and 220 over male overall deadlift will be entered into the chance to earn XPC Arnold Deadlift Championships at the Arnold Classic 2017.

--Entry Fees: 75\$. Must have a valid USS membership to compete. USS membership can be purchased on the day of contest for \$20.

--Entry Deadline: October 10th, 2016 (You may register up until October 24th but the entry fee will increase to \$100) per contestant (plus valid USS membership) No entries postmarked after October 24th 2016.

--Mail Entries & Fees: Make checks payable to Robby McCann, 207 N. Miller St. Cynthiana, KY 41031. Can pay through paypal. Email address to pay is [codyehill@hotmail.com](mailto:codyehill@hotmail.com). Send completed entry form to the same email address. Can also pay through [www.bbrstrengthfitness.com](http://www.bbrstrengthfitness.com). Click on the StrongWoman tab.

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, KentuckyMuscle, Brent Jones, Kentucky Exposition and Fairground Center, 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: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

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

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

T-shirt Size: \_\_\_\_\_ Extra T-shirt (\$15) Size: \_\_\_\_\_

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

Signature: \_\_\_\_\_ Parent or Guardian signature is required if competitor is under 18.