



Kentucky Muscle



Kentucky Muscle Strength Extravaganza presents:

Kentucky's Strongest Man and Woman

(North American Strongman Inc. Membership Required of all Contestants)

PROMOTER: Davey McCann (questions call: 502-803-5351 email:daveym61@hotmail.com)

LEVEL 2 CONTEST

DATE: October 28, 2017

TIME: 10 am (weigh ins the day before from 9 to 12 and 2 to 5, the day of from 8 to 9:30)

LOCATION: Kentucky Expo Convention Center
937 Phillips Lane
Louisville, KY 40209

Contest Hotel: The Crowne Plaza PHONE 800-633-8723
830 Phillips Lane
Louisville, KY 40209
Discount code: KENTUCKY MUSCLE

Admissions to contest: \$20.00 (access to all events going on, arm wrestling, powerlifting, crossfit, body building, etc...)

COMPETITOR LIMIT = 100

DIVISIONS: Teens male and female, Master's male and female, Novice male and female, Open Women and Open Men

WEIGHT CLASSES: Teen class LW and HW / Master's (men and women) LW and HW / Novice LW and HW men / Novice LW, MW, HW women / Open Women 120, 140, 160, 180, 200, SHW / Open Men 150, 175, 200, 231, 265, 300, SHW (will offer more master weight classes if entries are there)

Must have 5 competitors per weight class for 1st and 2nd nationals or 3 competitors per weight class for just 1st place nationals. Could combine classes in order to be more competitive and allow for more spots for nationals qualifications. 2 weeks prior will finalize classes. Those who qualify can go to 2017 nationals or 2018 nationals. Your choice.

EVENTS: Axle/ Log medley/ farmers walk/ axle deadlift / sandbag carry / stone of steel over bar

AWARDS: trophies for 1st thru 3rd (Top 2 in each Open class qualify for Nationals, top 3 in Masters and Women qualify for Nationals) t-shirts for everyone (may or may not have shirts for late entries)

ENTRY FEES: \$75.00 (after deadline \$100 .00) Can get NAS membership on the day of contest \$40.00. (Entries received are non-refundable, all entries need to have entry fee with them in order to avoid late fee and secure spot in first event starting order)

NO DAY OF ENTRIES WILL BE ACCEPTED (this is a big venue and we have a time limit to host the contest)

ENTRY DEADLINE: October 21, 2017 (entries need to be post marked by the 31st to avoid late fee)

MAKE ALL CHECKS PAYABLE TO: Davey McCann
Mail to: 1643 Tedrow Drive
Lawrenceburg, KY 40342
Attn: Kentucky's Strongest

Online: PayPal money to daveym61@hotmail.com

Must still email or mail signed entry form

NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center will take reasonable endeavors to comply with all applicable obligations of the Health & Safety at Work, Act 1974 and the Management of Health and Safety at Work Regulations 1992 (amended 1999) ensuring as far as reasonably practicable, the health, safety and welfare of all its employees freelance and contracted personnel and others, including the general public, who come into contact from time to time with any of , NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center's work activities.

The Athlete shall fully co-operate with, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center and not disregard any information, instruction or training given in the interest of the Athlete's health and safety in accordance with sections 2 and 3 of the Health and Safety at Work, etc. Act 1974 and Regulation 10 & 13 of the Management of Health & Safety at Work Regulations 1999. Furthermore, the Athlete agrees not to willfully interfere with or damage any equipment including protective equipment provided in the interest of health, safety and welfare and the Athlete agrees to strictly comply with all of, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center's instructions at all times, in accordance with sections 7 and 8 of the Health & Safety at Work, etc. Act 1974.

In accordance with the Health & Safety at Work Act 1974, the Athlete shall take all reasonable steps to safeguard their own health and safety and that of any person who may be affected by their activities during participation in events and competitions.

The Athlete shall co-operate with, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center and their designees or appointees in this regard. The Athlete shall not participate in any competition or event if not in good health nor fit enough to participate. Consult a Physician prior to competing in such an event.

The Athlete shall inspect all equipment used in the competition and confirm that in his opinion it is safe to use. Any concerns or issues must be brought to the attention of the contest promoter.

The Athlete understands and accepts that events and competitions involving contests of strength may as with any sporting contest result in injury, serious/permanent injury or death.

The Athlete hereby waives and indemnifies NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center from any and all liabilities that may arise or be incurred by NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center through the Athlete's participation in any event and/or competition organized or licensed by or for and on the behalf of NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center. This includes the travel to and from competition.

The Athlete fully understands and accepts that events and competitions of Strength athletics involve physical exertion. The Athlete shall not enter nor continue in any event or competition unless medically and physically fit enough to do so and by any event or competition the Athlete shall warrant the same and hold, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center, free from any and all liability. You may want to consult with a physician prior to entering such an event.

The Athlete warrants that he has read and fully understood the, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center Health Policy and agrees to comply with the same and hold, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center, free from any and all liability in respect of, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center adopting and implementing the same.

The Athlete expressly releases, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center, and its employees, servants, agents, designees and appointees from any and all actions, claims, liabilities, loss, costs or expense which may arise whether directly or indirectly from participation in any, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center event or competition including but not limited to injury and the implementation of the, NAS, Kentucky's Strongest Man, Kentucky Muscle, and Kentucky International Convention Center Health Policy.

Therefore I affix my signature below to serve as proof that I have read and fully understand the NAS health policy:

NAME: _____ AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ DATE OF BIRTH: _____

EMAIL: _____

DIVISION: _____ WEIGHT CLASS _____ SHIRT SIZE _____

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

ADDITIONAL T-SHIRTS \$15 dollars (INCLUDE PAYMENT WITH ENTRY)

Quantity and Sizes _____

ADDITIONAL SHIRTS WILL NOT BE ORDERED IF YOU DO NOT INCLUDE PAYMENT!

EVENTS:

Axle/ Log press: Athlete will have 60 seconds to clean and press the axle and then the log for as many reps as possible. You may sit the axle and log down and retry if you have time left if you miss a rep. DO NOT DROP THE AXLE or LOG! Damaging equipment will result in disqualification in that event. No built up shelf in belt. Can use elbow sleeves, wrist wraps, belt, chalk. Women 10 inch log, men 12 inch. Must press axle and log in that order cannot move on unless previous lift is completed. I.E. axle then log, axle then log, and so on

- LW Novice and Teen women 80 axle/80 log
- HW novice women and LW masters women 100 axle--100 log
- LW open women (120 and 140 women) and HW master's women 100 axle--120 log
- MW open women (160 and 180 women) 110 axle--130 log
- HW open women (200 and over 200 women) 120 axle / 140 log
- LW Novice men and teens 180 axle--200 log HW novice men 200 axle--230 log
- LW open men and LW masters men (150 and 175 men) 180 axle--200log
- MW open men and HW masters men (200 and 231 men) 200 axle--230 log
- HW open men (265, 300 and over 300) 230 axle--260 log

Sandbag carry: The athlete will have 60 seconds to carry 2 sandbags. Belt, knee sleeves, knee wraps, chalk are allowed. Sandbags will be carried 60 ft each.

- LW Novice and Teen women 100 and 150
- HW novice women and LW masters women 100 and 150
- LW open women (120 and 140 women) and HW master's women 100 and 150
- MW open women (160 and 180 women) 125 and 175
- HW open women (200 and over 200 women) 150 and 200
- LW Novice men and teens 125 and 175 HW novice men 150 and 200
- LW open men and LW masters men (150 and 175 men) 200 and 250
- MW open men and HW masters men (200 and 231 men) 200 and 250
- HW open men (265, 300 and over 300) 225 and 275

Max axle deadlift: Straps, suits, belt, chalk allowed. Athlete will have 30 seconds to complete their attempt. Must wait for DOWN. Wessels rules, failed attempt and you're done. 3 attempts maximum. Bar will be from the floor.

Farmers Walk: Athlete will have 60 feet straight shot. Unlimited drops. 60 second time limit.

- LW Novice and Teen women 130
- HW novice women and LW masters women 150
- LW open women (120 and 140 women) and HW master's women 150
- MW open women (160 and 180 women) 175
- HW open women (200 and over 200 women) 200
- LW Novice men and teens 200 HW novice men 250
- LW open men and LW masters men (150 and 175 men) 250
- MW open men and HW masters men (200 and 231 men) 280
- HW open men (265, 300 and over 300) 320

Stones of steel over bar: 60 second time limit. 48 bar height for women, 52 for men. 17 inch stone for women and 20 inch stone for men. NO TACKY. Gorilla cloth OK

- LW Novice and Teen women 100
- HW novice women and LW masters women 130
- LW open women (120 and 140 women) and HW master's women 130
- MW open women (160 and 180 women) 150
- HW open women (200 and over 200 women) 180
- LW Novice men and teens 200 HW novice men 200
- LW open men and LW masters men (150 and 175 men) 200
- MW open men and HW masters men (200 and 231 men) 250
- HW open men (265, 300 and over 300) 280

EVENTS SUBJECT TO CHANGE WITHOUT NOTICE.