NAS Show of Strength
June 6, 2015
(North American Strongman Inc. Membership Required of all Contestants)

Meet Directors: Greg McCoy, Diego Diaz, & the destination Team
(972) 424 3539
Greg.mccoy@gymandfitnessoftexas.com
Diego.diaz@gymandfitnessoftexas.com

Sanctioned by: North American Strongman

Location: ...destination
2655 Premier Drive
Plano, Tx 75075

Weigh-in: Friday, June 5, 2015 at 5pm-8pm
Saturday, June 6, 2014 at 8am-9am

Event: Mandatory Athletes Meeting: Saturday, June 6, 2015, at 9am
Lifting starts Saturday, June 6, 2015, at 10:00 am

Hotel: Homewood Suites

Divisions: Teen, Women, Men (LW<175 MW <231.5, HW 231.5+)
Masters Open

*1st and 2nd places in men’s divisions qualify for nationals, 1st-3rd in teen, women and master qualify for nationals
Events: Last Man Standing Log Press, Car Deadlift, Crucifix hold, Keg throw, Truck Pull

Awards: 1st through 3rd receive awards

Entry Fees: Meet entry fee is $75 if received on or prior to the DEADLINE, May 23, 2015. If received after May 23, 2015, there’s an additional $25 late fee. Check or money order acceptable by mail or credit/debit cards may be taken over phone (972) 424 3539, (please specify reason for calling). Make checks payable to Gym and Fitness of Texas, LLC. 2655 Premier Drive #200 Plano, Tx 75075

Spectator Fee: Everyone is WELCOME! No cost.

Please note: LIMITED TO THE FIRST 40 LIFTERS WITH COMPLETED ENTRY FORMS

MAKE ALL CHECKS PAYABLE TO: Gym and Fitness of Texas, LLC.

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 destination NAS Show of Strength, Greg McCoy, William Bingham, Diego Diaz, North American Strongman, Inc, American Strongman Corp, Willie or Dione Wessels, Expo, 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 destination Show of Strength 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 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 NAS 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 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: ________________________________________________________

EMAIL: ________________________________________________________________

DIVISION: __________________________

WEIGHT CLASS _____________________ HEIGHT: ____________________________

T-shirt size: ________________________

SIGNATURE: __________________________

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

NAS Show of Strength
June 5, 2015
Plano, TX

Events: Max Log Press

Wessel rules apply
Weight will rise in 10lb increments

Athletes are permitted to begin at any weight

3 attempts max

Teen, Women & LW - 10" Log

MW & HW - 12" Log

**Car Deadlift.**

For max reps

The apparatus will have side handles and straps are allowed

Women will use tractor tire on apparatus

Weights TBA

**Crucifix Hold.**

D-ring handles with chains

Palms down, arms completely extended and MUST be parallel or higher to the ground.

HW: 40lb ea hand

MW: 30lb ea hand

LW & teens: 20lb ea hand

Women: 14lb ea hand

**Keg Throw.**

5 half sized kegs

Weights must be thrown in order of ascending weight

1 keg at a time must go over the bar before continuing to the next keg

Uprights will be set at 16’ for all classes
**Truck Pull.**

Teens, LW, MW, HW:
18000lb Semi Truck

Women:
F350

All competitors:

60 second time limit

Scoring will go off of total distance pulled if event is not finished

80ft course

Competitors will have harness and rope assist