

“Washington’s Strongest Apple 12”

(Strongman Corporation membership is required for all contestants)

PROMOTER: Grant Higa

DATE: Saturday June 22, 2019

TIME: **9:30am sharp, rules meeting at 8am. (Late weigh-ins must be completed by 7:30am Saturday)**

LOCATION: *Elliott Bay Brewhouse & Pub-Burien*
255 SW 152nd Street
Burien, WA 98166

DIVISIONS: LW Women (120, 140 lbs) MW Women (160, 180 lbs) HW Women (200, 200+)

LW Men (150, 175 lbs) MW Men (200, 231 lbs), HW Men (265, 300, SHW)

This is a LEVEL TWO sanctioned contest with Strongman Corporation.

The top 2 competitors in each class will qualify for Nationals.

(If there is a minimum of 5 competitors in the class)

The top 3 Masters, Women & Teens qualify for Masters Nationals, Women’s Nationals & Teen Nationals.

EVENTS:

1. **IronMind Apollon Axle DL for reps** **60 seconds time limit**
2. **Log clean & press for reps** **60 seconds time limit**
3. **Farmer’s Walk 80 feet (40 feet down & back no turns)** **60 seconds time limit**
4. **Field Stone squat for reps (to paralell)** **60 seconds time limit**
5. **Medley: Sled Rows with Rolling Thunder handle for 40 feet, then Keg carry back for 40 feet.**
(One hand only to row the Sled. Keg must stand upright at the finish line) **90 seconds time limit**

Please note that all 5 events are planned to be ran two competitors at a time.

(Events are subject to change)

AWARDS: Trophies awarded to the top 2 in each weight class.

ENTRY FEE: \$85

ENTRY DEADLINE: May 25, 2019

Entries received after deadline is \$100. NO EXCEPTIONS

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 “Washington’s Strongest Apple 12”, Strongman Corporation, Dione Masters, PikoBoy Strength Company LLC, Grant Keola Higa, Elliot Bay Brewhouse and Pub, 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 “Washington’s Strongest Apple 12” and its related events, I hereby grant **Strongman Corporation**, 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 any time in connection therewith. Nothing contained herein shall be deemed to obligate **Strongman Corporation** 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 **Strongman Corporation** 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 **Strongman Corporation** and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

NAME: _____ AGE (on June 22nd): _____

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)

EARLY WEIGH-INS

Will be at the venue on **Friday night, June 22nd**

3:30pm-5:30pm only.

<https://www.elliottbaybrewing.com/locations/burien/>

Strongman Corp. cards can also be purchased at this Early Weigh-in. **(Cash or check only)**

\$75 for new Adults

\$40 for renewing Adult members

\$40 for Teenage athletes 19 years or younger

\$20 for renewing Teenage members

\$12 for a Replacement Card

“Washington’s Strongest Apple 12” events list

IronMind Apollon Axle Deadlift for Reps: 60 seconds time limit

Chalk only. No powerlifting suits, groove briefs, tacky, gorilla grip, handball spray, or straps is allowed. Athletes will compete head to head. The referee will say “take your grip”. On the whistle, they will attempt to deadlift an Axle. The competitor’s thumbs must be wrapped around the Axle, no “hook or cupped hands grip” is allowed. The referee will give the “down” signal after the athlete has their shoulders back, hips through & forward, and both knees are locked. The athlete must then bring the Axle down to the ground **WITH CONTROL** after every rep, and then repeat. The athlete will then wait for a “lift” signal to do another rep. **NO BOUNCING ALLOWED.** If an athlete does not wait for the “Down or Lift” signal, that rep will **NOT** count towards their total. Athlete with the highest number of reps wins.

Log clean & press for reps: 60 seconds time limit

Athletes will stand behind their Log. On the referee’s whistle, they will attempt to clean & press the log overhead. Athlete must wait for a “down” signal from the referee in order for the rep to count (Head through, elbows locked & feet parallel). After a legal rep is completed, the Athlete must set the log back down to the ground & visibly “touch” the ground before attempting to press it overhead again. **NO RESTING OF THE LOG ON YOUR HEAD IS ALLOWED.** Wrist wraps & elbow sleeves are allowed. Belts must have buckle turned to the back. Most reps completed in 60 seconds wins.

Farmers Walk (80 feet total distance, no turns. 40 feet): 60 seconds time limit

Athletes will be **NOT** able to use gloves in this event. Chalk only, no straps. No tacky, gorilla grip, handball spray or any other sticky substances are allowed. If any athlete is found using these products before this event, they will be disqualified from the Farmers Walk event. Wrist wraps & elbow sleeves are allowed. Athletes will be standing in between the Farmers handles. On the whistle, the athletes will attempt to pick up the implements & carry it a distance of 40 feet. They will drop the implements after both implements are **ENTIRELY OVER** the line. Athletes will then turn around and pick up the handles again and walk back another 40 feet. The referee will stop the time when the Athlete carries both implements **ENTIRELY OVER** the finish line. Athletes are allowed **ONE DROP ONLY.** Athlete with the fastest time in 60 seconds wins. Or a measurement will be recorded.

Field Stone squat for reps: 60 seconds time limit

Chalk only. **NO ELBOW SLEEVES WILL BE ALLOWED ON THE FOREARMS. NO GRIP SHIRTS WILL BE ALLOWED.** No tacky, gorilla grip, handball spray or any other sticky substances. If an athlete is found using these products before this event, they will be disqualified from the Field Stone squat for reps event. Athlete will stand behind the Field Stone. On the whistle, the athletes will run up to the stone, attempt to pick it off the ground and hold it to the chest/abdomen area. Competitors must squat to **PARALELL** meaning the top of their thigh where it meets the hip crease **MUST BE PARALELL** to the ground. Competitor must hold the squat at the top after performing a squat until the Referee says “**GOOD LIFT**” or “**NO LIFT**” due to not breaking parallel. If an athlete drops the stone, he or she can attempt to pick it up again and perform another squat until time runs out. Most reps in 60 seconds wins.

Sled Rows with Rolling Thunder handle, then Keg Carry: 90 seconds time limit

Chalk only. No tacky, gorilla grip, handball spray or strap is allowed. If an athlete is caught using these products before this event, they will be disqualified from the Sled Row/Keg Carry event. Athletes will compete head to head. One keg will be standing on the ground near the competitors at the start line. Athletes will stand behind the starting line with a hand on top of the keg with their backs facing the Sled. On the referee’s whistle, both competitors will run 40 feet to the awaiting pre-loaded Sled. They must use **ONLY ONE HAND** with the Rolling Thunder handle to row the Sled 40 feet backwards. The front of the Sled must “break the plane” of the 40 feet mark in which the Referee will yell “**GOOD**”. Then both competitors will grab the keg, carry it a distance of 40 feet and stand it **UPRIGHT** on the ground (**top valve of each keg must be facing up**) and their time will be recorded. Athlete with the fastest time wins. Or a measurement will be recorded on the Sled Rows.

EVENT LOADING CHART

Farmers Walk (80 feet, drop at 40 ft, turn around & pick up again for 40 feet. 60 seconds)

LW Women: 140 lbs
MW Women: 160 lbs
HW Women: 180 lbs
LW Men: 240 lbs
MW Men: 270 lbs
HW Men: 290 lbs

Log clean and press for reps

LW Women: 115 lbs
MW Women: 145 lbs
HW Women: 190 lbs
LW Men 150, 170: 196 lbs 10" Log
MW Men 200, 231: 235 lbs 10" Log
HW Men: 290 lbs 13" Log

Axle Deadlift for reps (Axle weighs 33 lbs empty)

LW Women: 212 lbs.
MW Women: 232 lbs.
HW Women: 263 lbs.
LW Men 150 & 175 lbs. class: 423 lbs.
MW Men 200 & 231 lbs. class: 473 lbs.
HW Men: 523 lbs.

Field Stone squat for reps (60 seconds)

LW Women: TBD
MW Women: TBD
HW Women: TBD
LW Men: TBD
MW Men: TBD
HW Men: TBD

Rolling Thunder sled rows, then Keg Carry (40 feet each way)

LW Women: 150 lbs keg carry. Sled Row weight TBD
MW Women: 180 lbs keg. Sled Row weight TBD
HW Women: 220 lbs keg. Sled Row weight TBD
LW Men: 220 lbs keg. Sled Row weight TBD
MW Men: 250 lbs keg. Sled Row weight TBD
HW Men: 270 lbs keg. Sled Row weight TBD