

Connecticut's Strongest Man/Woman 2023

North American Strongman Inc. Membership Required of all Contestants, Go to www.Strongmancorporation.com, I need to see proof that you have a membership when you check in at the competition!

PROMOTER: Matt Mills / 860-289-5446/ LightningFitness@gmail.com

DATE: Saturday, April 15th 2023

TIME: 9am Rules, 9:30am warm up, 10am start (weigh in morning of & day before)

Friday April 14th weigh ins 10am-12pm, 5pm-7pm Saturday Weigh Ins 8:30am-9:15am

LOCATION: Lightning Fitness 85 Nutmeg rd South, South Windsor, CT 06074

Weight classes: Novice Lightweight Women 160 and under, Novice Heavyweight Women 161 and up, Masters Women 40+ (no weight class), Lightweight Women 140 and under, Middleweight Women 141 – 180, Heavyweight Women 181+

Novice Lightweight Men 231 and under, Novice Heavyweight Men 232+, Open 175, Open 200, Open 231, Open heavyweight 231+, Masters Men 40+ (no weight class)

EVENTS: Log ladder, max deadlift, Rolling thunder and Hammer lift, keg medley, stone to podium

AWARDS: top 3 Trophies of Thor's Hammer Mjolnir to first place in open classes, and qualifications for Regionals and Nationals with enough entries

ENTRY FEE: \$70 NO REFUNDS or exchanges

ENTRY DEADLINE: April 10th, \$10 late fee

Spectator fee: \$10 –a portion of the proceeds will be going to The Catch A Lift Fund

MAKE ALL CHECKS PAYABLE TO: Lightning Fitness 85 Nutmeg rd South, South Windsor, CT 06074. Or paypal to LightningFitness@gmail.com, if you use paypal please add \$5 for charge, or Venmo to Lightningfitness, Cash app Lightningfitness. You can also scan/screenshot entry form to e-mail. E-mailing and paying online is preferred.

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 Matt Mills, Lightning Fitness LLC, Strongman Corporation, Inc, American Strongman Corp. Dione Masters, 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 Lightning Fitness Couples Strong(wo)man Competition 2 and its related events, I hereby grant **Strongman Corp.**, and/or any other

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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: _____

WEIGHT CLASS (please specify novice/open, male/female) _____

T-SHIRT SIZE _____

SIGNATURE: _____

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

Events and Weights:

All events/weights subject to change without notice.

Log clean and press ladder 60 sec time limit, down commands.

There will be 3 logs that need to be pressed in ascending order once, fastest time to complete wins. Women will be on a 10" log, and men a 12"

LW nov wom: 80,90,100, HW nov wom: 90, 110, 130, Masters wom: 90, 110, 130 , LW wom: 120, 140, 160, MW wom 140,160,180, HW wom 160, 180, 200

LW nov men: 200, 220, 240 HW nov men: 230, 250, 270, Masters 230, 250, 270 , 175 Open: 230, 250, 270, 200 Open: 240, 260, 280 231 Open: 260,280,300 Heavyweight Open: 280, 300, 320

Last Man Standing Max Deadlift, standard height, straps allowed, no suits or briefs. NO BABY POWDER Will be on a deadlift bar, you can skip attempts, jump in when you want. There will be 20lbs jumps for women and 50lb for men until it gets closer to the end. One miss and you are done. If you drop the bar you are ZEROED

LW nov wom: 225, HW nov wom: 245, Masters wom: 245, LW wom: 265, MW wom 285, HW wom 305

LW nov men: 405 HW nov men: 455, Masters 455, 175 Open: 455, 200 Open: 505 231 Open: 545 Heavyweight Open: 605

Rolling Thunder to Thor's Hammer Hold There will be 3 implements set up to deadlift with 1 hand with down commands. Must be picked in ascending order: Rolling Thunder, Hammer, Hammer. Last hammer will be held for max time. Use either hand, 60s time limit. No resting the hammer on you in anyway. These events will be the most subject to change as we test them out. Will be updated on the Facebook event Page. For an idea on how the pick of the hammer will be: <https://www.roguefitness.com/theindex/events/2021-rogue-invitational-rogue-record-breakers-thors-hammer>

**LW nov wom: 80,70, 90, HW nov wom: 90, 80, 100, Masters wom: 90, 80, 100 ,
LW wom: 90,80,100, MW wom 95,85,115, HW wom 100,90,120**

**LW nov men: 140,120,140, HW nov men: 150,130,150, Masters150,130,150 :,
175: 150,130,150, 200: 160,130,160, 231: 170,140,170, Heavyweight:
180,150,180**

**Keg Carry 60 sec time limit. 3 kegs starting from 60 feet away. Kegs must be
placed standing up past the finish line. Unlimited drops, 2 sec roll penalty**

**LW nov wom: 75,100,125, HW nov wom: 100,125,150, Masters wom:
100,125,150, LW wom: 100,125,150, MW wom 125,150,175, HW wom
150,175,200**

**LW nov men:175,200,225, HW nov men: 200,225,250, Masters: 200,225,250,
175: 200,225,250, 200: 225,250,275, 231: 250,275,300, Heavyweight:
275,300,325**

**5 Stone series Podium heights 52", 48", 48", 42", 42"60s time limit, tacky ok,
must bring your own tacky cleaner**

**LW nov wom: 90,110,120,127,155, HW nov wom: 110,120,127,155, 170 ,
Masters wom: 110,120,127,155, 170 , LW wom: 120,127,155, 170, 195 , MW
wom 127,155, 170, 195, 225, HW wom 155, 170, 195, 225, 235**

**LW nov men: 170, 195, 225, 235, 268 HW nov men: 195,225,235,268,282 ,
Masters 225,235,268,282,300 , 175 Open: 225,235,268,282,300, 200 Open:
235,268,282,300, 320 231 Open: 268,282,300, 320, 340 Heavyweight Open:
300,320,340, 375, 400**