



UPDATED



2023 MY Iron Valentine

Level 2

North American Strongman Inc. Membership Required of all Contestants, \$77 for new members, I need to see proof that you have a membership when you check in at the competition!

PROMOTER: Kori Taylor / 203-560-0319 / koritaylor91@gmail.com

DATE: Saturday February 18th, 2023

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

WEIGH-INS: Friday February 17th 5pm-7pm OR Saturday 8:00am-8:30am

LOCATION: Steel Beach Gym, 900 Main St, Oakville, CT 06779

Weight classes:

Women → Women Open Novice, Masters Women 40+, LW 140 and under, Middleweight Women 141 – 180, Heavyweight Women 181+

Men → Men Open Novice, Masters Men 40+, LW 175 and under, MW 176-200, HW 201-231, SHW 231-265, SSHW 266+

EVENTS: ~~Atlas Stone Overhead Press~~, *Atlas Stone Load Over Bar*, Deadlift Medley, Frame Carry, Static Cross Hold, Tire Flips

AWARDS: top 2 Trophies, and qualifications for Regionals and Nationals with enough entries

ENTRY FEE: \$65 NO REFUNDS or exchanges

ENTRY DEADLINE: January 29th, \$10 late fee and no guaranteed event shirt

Spectator fee: \$10 –all entry proceeds will be going to Strong Paws Animal Rescue

MAIL ALL PAPER ENTRY FORMS AND MAKE ALL CHECKS PAYABLE TO:

Kori Taylor, SIC Strength, 201 Oak Street, Winsted, CT 06098

MAKE ALL ONLINE PAYMENTS TO:

Venmo to @Kori-sicstrength

Zelle to 203-560-0319

CashApp \$Koristicstrength



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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 Kori Taylor, SIC Strength, Strongman Corporation, Inc, American Strongman Corp. 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 2023 My Iron Valentine and its related events, I hereby grant **Strongman Corp.**, 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 Corp.**, 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 corp.** 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 Corp.** 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)

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Events and Descriptions

All events/weights subject to change without notice.

Atlas Stone Overhead Press

60 sec time limit, clean and press away, one drop allowed

Atlas Stone Load Over Bar

60 sec time limit, max reps over bar, height to be determined

Deadlift Medley

Square Grip Stud Axle Bar → 3" axle bar → 2" axle bar → Hex bar deadlift for reps until 60 sec mark, standard height, no straps allowed, no suits or briefs, 60 sec time limit for speed. Down commands. No dropping the bar or bouncing.

Frame Carry

60s time limit, 100 feet total distance with 1 turn, 1 drop/reset allowed, no straps

Static Cross Hold

Max time, holding weights on both sides and keeping them parallel to the ground

Tire Flips

1 tire, max flips in 60 sec.

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Event Weights

	Atlas Stone Load Over Bar	Deadlift Medley	Frame Carry	Static Cross Hold	Tire Flips
Women Open Novice	95	185	155	TBD	350
Masters Women 40+	95	185	155	TBD	350
LW Women 140 and under	95	215	155	TBD	350
MW Women 141 – 180	115	235	195	TBD	425
HW Women 181+	115	255	215	TBD	425
Men Open Novice	115	285	315	TBD	425
Masters Men 40+	115	300	365	TBD	425
LW Men 175 and under	115	315	405	TBD	425
MW Men 176-200	145	355	455	TBD	475
HW Men 201-231	145	400	500	TBD	475
SHW Men 231-265	175	420	525	TBD	500
SSHW Men 266+	175	450	555	TBD	500