



Saturday, July 29, 2023

**PRESENTED BY: HAWAII'S STRONGEST & POWERED BY BUDDAH ALONGSIDE THE
BIG ISLAND SUBSTANCE ABUSE COUNCIL**

Location:

Afook Chinene Civic (Hilo)

Weigh-ins:

Friday, July 28th from 3:00 pm- 7:00 pm at venue

Event Begins: Saturday @ 9:00am (mandatory lifters meeting at 8:15 am)

This is a Strongman Corporation Sanctioned Event / Strongman Corporation Nationals Qualifier

**COMPETITION/RULES BRIEFING WILL TAKE PLACE IMMEDIATELY BEFORE EACH
EVENT, SPECIFIC TO THE EVENT**

DIVISIONS:

Men's Lightweight Division (Up to 200 lbs Body Weight)

Men's Middleweight Division (201 lbs - 230 lbs Body Weight)

Men's Heavyweight Division (231 lbs and above Body Weight)

Women's Lightweight Division (Up to 140 lbs Body Weight)

Women's Middleweight Division (141 -180 lbs Body Weight)

Women's Heavyweight Division (181 lbs and above Bodyweight)

**Events, event order, weights and details are subject to change at the promoter's discretion

EVENTS (Order of Events may Change):

- EVENT 1: Farmer's Walk/Sled Drag Medley
- EVENT 2: Keg Hold for MAX time
- EVENT 3: Car Deadlift
- EVENT 4: Circus Dumbbell Clean and Press for Reps
- EVENT 5: SECRET EVENT

ALL WEIGHTS ARE TBD

ENTRANCE FEE: \$100.00

MEMBERSHIP: All competitors **MUST HAVE A CURRENT STRONGMAN CORPORATION ADULT MEMBERSHIP** upon Checking in/Weighing in for the competition. Please go to the [Strong Man Website](#) for your Strongman Corporation Adult Membership.

AWARDS: 1st Place Competitor in each division will qualify for Strongman Corporation Nationals. Top 3 competitors in each division will receive trophy awards (note: For a division to be a National Qualifier, a minimum of 5 competitors must be entered in that division, any weight class with less than 5 competitors may be combined with another. If so, the weights from the lower weight class will be used.)

APPLICATION DEADLINE/DETAILS: Applications will be accepted up until the day of weigh-ins, July 28, 2023. However, in order to guarantee receiving customized competitor-only items, applications must be submitted no later than **July 1, 2023**.

PLEASE FOLLOW: @Hawaiiis_Strongest_Comp on Instagram for updates and information on this event.

Event Director:

Darren Elisaga

Tel. [808.756.1842](tel:808.756.1842)

Email: darren@imua-iron.com

Name *

First Name

Last Name

Gender *

Please Select



Address *

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

Phone Number *

Area Code

-

Phone Number

Email *

example@example.com

Age on July 29 (meet day) *

Date of birth *

-

-



Month

Day

Year

Weight class (can be changed at weigh in) *



RELEASE FROM LIABILITY

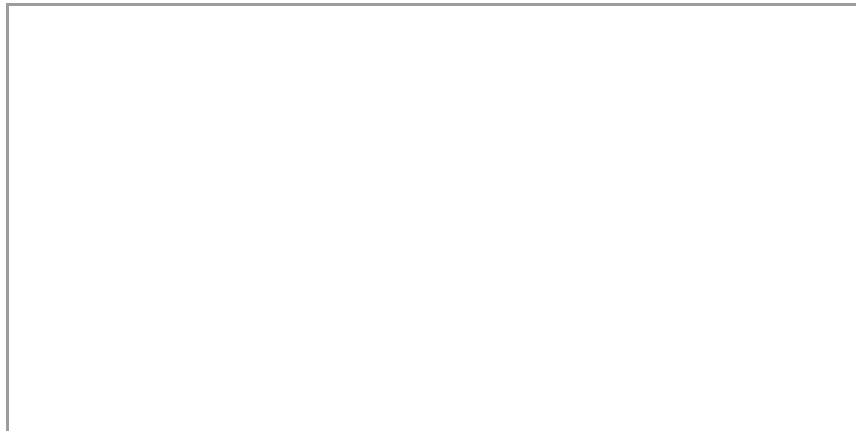
In consideration of the acceptance of my entry form in this power lifting competition, I intend to be legally bound for not only myself, but also for my heirs, executors and administrators. In signing this release from liability, I wave and release any and all rights or claims for damages I may have against Strongman Corporation, Hawaii Strongest DBA, IMUA IRON, the organizers, volunteers or the sponsors of this contest.

BY SIGNING BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE INFORMATION CONTAINED IN THIS DOCUMENT AND THAT I SIGN THIS RELEASE OF CLAIMS VOLUNTARILY WITH KNOWLEDGE THAT I WAIVE IMPORTANT LEGAL RIGHTS.

- Release of Liability ***
- ☐ I (Athlete) affirm that I have read the above Release From Liability, understand it, and agree to it.
 - ☐ I (parent or legal guardian for athletes under 18 years old) affirm that I have read the above Release From Liability, understand it, and agree to it.

- Refund Policy ***
- ☐ I understand all sales are final and there will be no refunds for any reason.

Signature of Athlete *



Clear

My Products

☒ Event Fee \$100.00

Total **\$100.00**

Submit

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