**White Mountain Strongman**

 **Flectere si nequeo superos**

**(If I can not bend the heavens, then I shall move the powers of hell)**

**July 20, 2024**

**Level 1**

**(Strongman Corporation Membership Required of all Contestants)**

**CONTEST DIRECTOR: Ryan Largay, CSCS (802) 535-5176 or acebarbell@yahoo.com**

**PROMOTER: Ryan Largay**

**DATE: July 20, 2024**

**TIME: Weigh-ins at 9:00am, Rules at 9:30am. Competition starts at 10:00am**

 **LOCATION:**

**ACE FITNESS, 1565 Meadow St. Littleton New Hampshire 03561**

**WEIGH INS: NO VIDEO WEIGH INS!!! Athletes must be present at weigh-ins! Day of at 9:00am or night before from 5-6:30pm at ACE Fitness**

HOTEL: Hampton Inn, 580 Meadow St. Littleton NH 03561

**DIVISIONS:**

**Women:**

**Women novice (WN), Light weight woman (LWW under 140), women’s masters, Middle weight woman (MW 141-180), Heavy weight woman (HW above 181)**

**Men:**

**Mens Novice (MN), masters, 175 and below, 175-200, 201-231, 232+**

 **I can and will add divisions and subdivisions if there is enough interest!!**

First place in each division will qualify for nationals.

 **EVENTS**

**Max axle overhead press**

**Max axle deadlift**

**Grip event**

**Sandbag to shoulder into sandbag front carry**

**Stone of steel over bar**

**AWARDS: trophies or weapons**

**ENTRY FEES: $70 early (by July 1st, will receive a t-shirt). $80 late fee (will not get t-shirt).**

**\*\*\*NO REFUNDS\*\*\* even for bad weather**

**BENEFITS: All profits will go to Dog Mountain.**

**ENTRY DEADLINE: July 1st, 2024 (after this date is $80 and no T-shirt)**

**You can either mail your check and entry to:**

**ACE FITNESS**

**1565 Meadow St**

**Littleton NH, 03561**

**OR send your payment via PayPal to** **ACEnutrition14@yahoo.com** **and email your entry form to that address.**

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 \_\_\_Ryan Largay, Town of Littleton (Winter Warfare) \_\_\_\_\_\_\_\_\_\_\_, 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 Ryan Largay, Town of Littleton (Winter Warfare ) \_\_\_\_\_\_\_\_\_\_\_\_ 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 any time 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**

**Max axle clean and press**

Athletes will have to clean and press the axle bar for max weight. Most weight lifted wins. Will be running one big class. Must pick your opening weight at athlete check ins. May skip weights, you miss and you're done, you will have 30 seconds to start your lift after your name has been called. Bumper plates on the axle and will be using crash pads. Okay to drop the bar OF YOU DROP IT ON THE PADS!! No additional belt build ups but belt cleans are okay. Feet have to be together and elbows locked out, you will receive a “down” command. Chalk, belt, wraps, grip shirt all okay. Suits, briefs, tacky are not okay.

Weight increments for women (rogue axle): 75, 95, 115, 125, 135, 145, 155, 165, 175, 185, 195……..

Weight increments for men (ironmind axle): 185, 205, 225, 245, 255, 265, 275, 285, 295, 395….

**Max axle deadlift**

Athletes will have to deadlift an axle bar for max weight. Most weight lifted wins. Will be running one big class. Must pick your opening weight at athlete check ins. May skip weights, you miss and you're done, you will have 30 seconds to start your lift after your name has been called. Must wait for the down command. Must control bar down, no letting go of the bar before it hits the ground. Chalk, wraps, sleeves, straps, belt, are okay. Suits, briefs, Tacky, tacky towels not okay.

Weight increments for women (rogue axle): 205, 225, 245, 265, 285, 295, 305, 315, 325, 335, 345, 355, 365….

Weight increments for men (ironmind axle): 405, 425, 445, 465, 485, 495, 505, 515, 525, 535, 545, 555, 565, 575…

**Grip event TBD**

Will be picked one week prior and posted on social media. Could be anything, here are some examples: farmers hold, double overhand axle deadlift, farmers walks, dinnie stone holds, dinnie stone walks, rolling thunder, or it could be a grip medley. Chalk, belt, wraps, sleeves are okay. Tacky not okay no straps, nothing on hands (tape) except chalk.

Weights: TBD

**Sandbag to shoulder into sandbag front carry**

Athlete must pick a sandbag up from the ground to the shoulder for TWO REPS, then proceed to front carry the same sandbag for 100’. You will receive a “down” command once sandbag is on top of one shoulder in control, with the other hand not touching. After two completed reps you will drop the sandbag from shoulder to the floor, pick it up again and front carry it for 50’ down and back. Bag must be on your chest, no shouldering while carrying. Everything is okay except tacky of kind.

WN – 110

LWW and master – 130

MW- 150

HW- 175

Mens novice- 200

Mens 175 / masters – 225

Mens 200- 250

Mens 231- 277

Men’s 231+- 300

**Stone of steel over bar for rep. (60sec)**

17” stone for women, 20” stone for men. Bar height **46” for women, 48” for men.** Must pick up stone from the floor and load it over the bar, a judge will roll the stone back to athlete. Most reps win. May not grab the bar at any time. No throwing the stone at the judge!! Must keep stone in control. You will get a zero if the judge feels unsafe! Belt, chalk, sleeve, wraps, gloves, grip shirt, tack towels or spray tack only, absolutely no tacky.

WN – 110

LWW and master – 130

MW- 150

HW- 175

Mens novice- 200

Mens 175 and master - 225

Mens 200- 250

Mens -231 – 270

Mens 231+ - 295