



THE BEAST OF BLOOMSBURG 3

USS PLAT PRO CONTEST

Sponsored by George Automotive Services

(USS Inc. Membership is required of all Contestants)
Become a USS member here: <http://www.unitedstatesstrongman.com/forms-and-payment>

Saturday, August 19, 2017 at 10AM
Crossfit Bloomsburg
338 West 6th Street
Bloomsburg, PA 17815

Proceeds Benefit Youth Programs at the Bloomsburg Area YMCA

Weigh-ins: Friday, August 18th from 4:30 PM – 6:00 PM
(30 E. 7th St., Bloomsburg Pa 17815)
Saturday, August 19th 9:00AM – 10:00 AM
(338 West 6th Street, Bloomsburg, PA 17815)
Start Time: Saturday, August 19th 10:00 AM (338 West 6th Street, Bloomsburg, PA 17815)

Contest Promoters: Joe Reinard / Chris Royce / Matt Munson / Alli Sabol
Email: jreinard@bloomsburgy.org **Phone:** 570.784.0188

Entry Fee: \$60

Top 3 Awards: Trophies
Every competitor gets a Tee Shirt!

<u>WEIGHT CLASSES</u>	
<u>Open Men</u> Open Men's Under 198 Open Men's Under 220 Open Men's Under 242 Open Men's Over 242	<u>Novice Men</u> Novice Men's Under 220 Novice Men's Over 220 <u>Women</u> Women's Open Under 165 Women's Open Over 165

There will be a minimum of 3 participants per weight class or the class will be combined.

RELEASE AND INDEMNITY AGREEMENT:

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 United States Strongman, Inc., Willie Wessels, 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 United States Strongman, Inc. CONTEST and its related events, I hereby grant United States Strongman, 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 anytime in connection therewith. Nothing contained herein shall be deemed to obligate United States Strongman, 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 United States Strongman, 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 United States Strongman, Inc. and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Age: _____ Date of Birth: _____

Email: _____

Division: _____ Weight Class: _____ Height: _____

Gym: _____

Signature: _____

T-SHIRT SIZE Large X-Large 2XL 3XL

SEND ENTRY FORM, RELEASE AND INDEMNITY AGREEMENT, AND CHECK OR MONEY ORDER PAYABLE TO:

**Bloomsburg Area YMCA
30 E. 7th St.
Bloomsburg Pa 17815**

BEAST OF BLOOMSBURG EVENTS:

MAX LOG

3 Attempts allowed. Wessel's Rule. Log starts empty. 20lb per increase men 's open and masters classes. 10lb increases for women's novice, women's open, and men's novice classes. Heaviest Lift Wins.

RED LOG (12" LOG STARTS AT 170 LB)

Open Men's Under 198

Open Men's Under 220

Open Men's Under 242

Open Men's Over 242

BLUE LOG (12" LOG STARTS AT 90 LB)

Women's Open Under 165

Women's Open Over 165

Novice Men's Under 220

Novice Men's Over 220

CAR DEADLIFT

Straps, suits, belts and wraps are permitted. 60 sec Time Limit. Most Reps Win.

RED SUV ON RED DEADLIFT FRAME

Open Men's Under 198

Open Men's Under 220

Open Men's Under 242

Open Men's Over 242

800 LB TIRE ON BLUE DEADLIFT FRAME

Women's Open Under 165

Women's Open Over 165

BLUE ECONOMY CAR ON BLUE DEADLIFT FRAME

Novice Men's Under 220

Novice Men's Over 220

TIRE FLIP

60 sec Time Limit. Most Flips Win.

800 LB TIRE

Open Men's Under 198

Open Men's Under 220

Open Men's Under 242

Open Men's Over 242

300 LB TIRE

Women's Open Under 165

Women's Open Over 165

500 LB TIRE

Novice Men's Under 220

Novice Men's Over 220

CIRCUS DUMBBELL

60 sec Time Limit. Clean and Press Every Rep. Most Reps Win.

BLUE CIRCUS DUMBBELL (110 LB)

Open Men's Under 198

Open Men's Under 220

HEX DUMBBELL (60 LB)

Women's Open Under 165

Women's Open Over 165

RED CIRCUS DUMBBELL (140 LB)

Open Men's Under 242

Open Men's Over 242

BLUE CIRCUS DUMBBELL (110 LB)

Novice Men's Under 220

Novice Men's Over 220

TRUCK PULL

Pull the truck 80' for time with harness and rope. Fastest Time Wins. 2 Minute Time Limit.

Distance will be measured for attempts that don't go the distance. (Fire Truck will have empty water tank).

FIRE TRUCK

Open Men's Under 198

Open Men's Under 220

Open Men's Under 242

Open Men's Over 242

HD PICK-UP TRUCK

Women's Open Under 165

Women's Open Over 165

FIRE TRUCK

Novice Men's Under 220

Novice Men's Over 220

Events are subject to change. Judges decisions are final.