

Pro Womens World

United States Strongman, Inc. Contest Entry Form

[USS Membership Required of all Athletes](#)

Contest Director: Annie Gunshow

Contact Info: annie@nbsfitness.net 573-429-2506

Date & Time: Oct 06, 2018 10:00 AM

Location: Historic Beale Street

Weigh-in: NBS Fitness 566 Trinity Creek Cove Friday: 10am-6pm, Saturday 7:30am-9:00am

Hotel: TBA

Divisions: LW Master (132-), W MW Master (132-165), W HW Master (165+), W LW Open, 123, 132, W MW Open, 148, 165, W HW Open, 181, 198, W SHW Open, 242, 242+

Events: Log Clean and Press, LMS 9 in deadlift, Carry->Push->Pull Medley, Yoke, Keg Over Bar

Awards: \$10,000 cash and title of Women's World Championship!

Entry Fees: 100.00

Entry Deadline: September 29th, 2018

Mail Entries & Fees: Annie Gunshow 566 Trinity Creek Cove, Cordova, TN 38018

Online Entry: <https://www.nbsfitness.net/uss-pro-womens-worlds/>

Social Media Links: <https://www.facebook.com/events/604266939958160/>

Pro Womens World

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, all athletes, all meet directors and assistants, 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 _____ Shirt: _____

Address: _____

City _____ State: _____ Zip Code: _____

Phone: _____ Age: _____ Date of Birth: _____

Email: _____

Division: _____ Weight Class: _____ Height: _____ Gym: _____

Signature: _____

(Parent or Guardian signature required if the contestant is under 18.)

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USS PRO WOMENS WORLDS	LW Masters	LW Women +MW Masters	MW Women +HW Masters	HW Women	SHW Women
Log Clean and Press	110	130	160	190	210
Last Man Standing 9in Deadlift	Starts at 275	Starts at 275	Starts at 315	Starts at 315	Starts at 315
Carry→Push→Pull Medley	130lb keg + heavy prowler	150lb keg +heavy prowler	175lb keg + heavy prowler	200lb keg +heavy prowler	225lb keg + heavy prowler
Yoke	320	400	450	500	550
Keg Over Bar	130	150	175	200	225

Log Clean and Press: We will use an Apollos womens log. Competitors will be given start commands and must clean and press each rep and will have 60 seconds to complete as many reps as possible. A down command will be given. Competitor must show control at the top of each rep for down command to be given. Belts, chalk, press shirts all okay. No built up belts, no resting on the belt.

LMS 9in Deadlift: Competitors will run in super groups (LW and HW Teen/LW and MWMasters/LW Open and then Open MW/HW/SHW +HW Masters). May jump in as they desire, final good rep will count. Ascending weight 20lb increments. Set up will be custom 13in wagon wheels and texas powerbar. Athletes will be on a platform to make the bar height 9in. **You may only take three attempts, wessels rules apply.**

Carry → Push→ Pull Medley: Competitors will have 60 seconds to complete a three leg medley. Each Leg is 40t.

Leg one is a keg carry: keg will start on the ground, competitor can arrange hands but not pick until go command. A clearly marked mat will be situated 40ft ahead where keg must be put on standing up.

Leg Two will be a heavy prowler push on high hands. Please note: Due to differences in surface, telling you a weight to be prepared for here will do you an injustice. Be prepared for a heavy ass weight here. High handle prowler push 40ft.

Leg Three will be a straight arm sled pull: you will do a backwards sled carry with rope attached at front of the prowler (it will be pre-attached). Entire sled must cross finish line.

Yoke: 80 foot run with turns at 40ft. 60second time limit. 2 drop limit. 2 second penalty per slide.

Keg Over Bar: Max reps in 1:00. Keg must touch ground on opposite side before final buzzer for rep to count. height will be set at 50in. Chalk, sleeves, grip shirts all good. Official meet handler will roll keg back between each rep