



# BARRY'S BLIND BETTY A STRONGMAN SHOW

10 Events listed, 5 will be chosen, what will they be?

(NORTH AMERICAN STRONGMAN INC. MEMBERSHIP REQUIRED OF ALL CONTESTANTS)

PROMOTER: THE EDGE 2.0, BARRY VON PERKINS

EVENT DATE: SATURDAY, AUGUST 11, 2012 -- EVENT TIME: 11AM-4PM RULES: 10:45 AM

WEIGH INS: FRIDAY, AUGUST 10, 2012 6PM-8PM -- SATURDAY, AUGUST 11, 2012 9AM-10AM

LOCATION: 607 SOUTH BALL STREET ARLINGTON, VA 22206

HOTELS/SIGHTS AND ADDITIONAL EVENT DETAILS: WWW.TRAININGATTHEEDGE.COM

EVENTS	WOMEN	NOVICE MEN	MASTERS	200	231	HW
5 ATLAS STONE RUN	75-185	120-225	215-300	185-270	215-300	270-370
FARMERS WALK	150	200	220	220	260	300
LOG PRESS	100	190	220	200	240	280
HUSAFELL CARRY	180	200	245	245	330	400
3 TIRE FLIP MEDLEY	350/450/ 500	450/500/ 650	500/650/850	500/650/850	500/650/850	650/850/1000
AXLE PRESS	110	180	220	220	240	270
STONE OVER BAR	145	215	255	255	270	300
KING KONG DUMBBELL	60	90	125	125	135	155
DEADLIFT FOR REPS	275	315	455	455	505	595
CAR DEADLIFT	HEAVY	HEAVY	HEAVIER	HEAVIER	REALLY HEAVY	EYE-POPPIN'

ENTRY FEES: \$60.00 / \$75.00 AFTER AUGUST 1, 2012

AWARDS: 1ST - 3RD IN EACH DIVISION

ENTRY DEADLINE: AUGUST 1, 2012

CHECKS PAYABLE TO: MY VIRTUAL PAIGE - 3117 SPRING DRIVE, ALEXANDRIA, VA 22306

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 THE EDGE 2.0, BARRY VON PERKINS, OR CROSSFIT SOUTH ARLINGTON (CCCF, LLC), 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 BARRY'S BLIND BETTY - A STRONGMAN SHOW 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 ANYTIME 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:



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## EVENT DESCRIPTIONS:

### 5 ATLAS STONE RUN

50" PLATFORM START WITH HANDS ON THE BOX, 75 SECOND TIME LIMIT, YOU KNOW THE DRILL.

	WOMEN	NOVICE MEN	MASTERS	200	231	HW
STONE 1	75 LBS.	120 LBS.	215 LBS.	185 LBS.	215 LBS.	270 LBS.
STONE 2	100 LBS.	150 LBS.	225 LBS.	215 LBS.	225 LBS.	300 LBS.
STONE 3	120 LBS.	185 LBS.	250 LBS.	225 LBS.	250 LBS.	330 LBS.
STONE 4	150 LBS.	215 LBS.	270 LBS.	250 LBS.	270 LBS.	350 LBS.
STONE 5	185 LBS.	225 LBS.	300 LBS.	270 LBS.	300 LBS.	370 LBS. (21" D)

### FARMERS WALK FOR 80'

80' TOTAL, 40' DOWN, TURN 40' BACK (MAY DROP IMPLEMENT AND TURN AROUND)

### LOG PRESS

CLEAN AND PRESS EACH TIME, 60 SECONDS, BELT, WRAPS, CHALK, ELBOW SLEEVES ALLOWED.

### HUSAFELL CARRY FOR DISTANCE

- WOMEN'S/NOVICE MEN'S, 200 DIVISION IMPLEMENT WILL BE A CONCRETE HUSAFELL.
- 231 DIVISION IMPLEMENT WILL BE A BIGGDOGG HUSAFELL.
- HW DIVISION IMPLEMENT WILL BE 400LBS IFSA SHIELD.

### 3 TIRE FLIP MEDLEY

EACH TIRE WILL BE FLIPPED 3 TIMES, 60 SECOND TIME LIMIT, TACKY TOWEL ALLOWED.

### AXLE PRESS

CLEAN ONCE AND PRESS. 60 SECOND TIME LIMIT, BELT, CHALK, WRIST STRAPS AND ELBOW SLEEVES ARE ALLOWED.

### STONE OVER BAR

48" BAR, YOU KNOW THE DRILL....60 SECONDS.

### KING KONG DUMBBELL

CLEAN ONCE, PRESS FOR REPS, 60 SECONDS, CAN LIFT WITH TWO HANDS BUT MUST PRESS WITH ONE ARM/HAND ONLY.

### DEADLIFT FOR REPS

60 SECOND TIME LIMIT, BELT AND CHALK ARE ALLOWED. NO SUITS, STRAPS OR BRIEFS. CALL FROM THE JUDGE DETERMINES THE REP. STANDARD BARBELL FROM THE FLOOR.

### CAR DEADLIFT

DEADLIFT FOR REPS, 60 SECONDS, WAIT FOR THE CALL AT THE TOP, BELT, STRAPS AND CHALK ARE ALLOWED. NO SUITS OR BRIEFS. FACING AWAY FROM THE CAR, 16" HANDLE HEIGHT.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DIVISION: \_\_\_\_\_ WEIGHT CLASS \_\_\_\_\_ T SHIRT SIZE: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_  
(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF