

# Strongest Southern Belle 2016

	Axle (Clean & Press Each Rep)	Car Deadlift (Car TBD)	Farmer's Walk (50 ft)/Conan's Wheel	Tire Flip (50 ft)	Atlas Stone Series
<b>LW Novice</b>	80 lbs	Small	120 lb Farmers Empty Wheel	350 lb Tire	115, 130, 150, 170
<b>HW Novice</b>	95 lbs	Medium	140 Farmers Wheel + 50lbs	450 lb Tire	115, 150, 170, 185
<b>LW Masters</b>	80 lbs	Small	120 lb Farmers Empty Wheel	350 lb Tire	115, 130, 150, 170
<b>HW Masters</b>	95 lbs	Medium	140 Farmers Wheel + 50lbs	450 lb Tire	115, 150, 170, 185
<b>LW Open</b>	80 lbs	Small	120 Farmers Empty Wheel	350 lb Tire	115, 130, 150, 170
<b>MW Open</b>	95 lbs	Small	140 Farmers Wheel + 50lbs	350 lb Tire	115, 150, 170, 185
<b>HW Open</b>	115 lbs	Medium	160 Farmers Wheel + 50lbs	450 lb Tire	130, 150, 170, 200
<b>SHW Open</b>	125 lbs	Medium	180 Farmers Wheel + 50lbs	450 lb Tire	130, 150, 170, 200

\*Events subject to change without notice.

\*Must have 3 competitors per weight division or weight divisions will be combined.

\*The cut-off weight between HW and LW for the novice and masters divisions is 165 lbs.

\*Masters division means 40+ years old.

\*Novice means you are relatively new to the sport. You've NEVER won first place at a contest as a Novice. Open division means you are more experienced. You don't necessarily have to have experience to compete as an Open, it's an option for everyone. The top three Open competitors and the first place Novice competitor will qualify for USS Nationals in June 2016.

Weight Divisions	LW Open	MW Open	HW Open	SHW Open
	123 lbs and Under	133-148 lbs	166-181 lbs	199+ lbs
	124-132 lbs	149-165 lbs	182-198 lbs	
	LW Novice/ Masters	HW Novice/ Masters		
	165lbs and Under	166+ lbs		

# Strongest Southern Belle 2016

## United States Strongman, Inc. Contest Entry Form

### Strongest Southern Belle 2016 (Gold Level Contest) (USS Nationals Qualifier)

Contest Director: Robby McCann

Contact: (859)588-5513 (call or text) or email: [codyehill@hotmail.com](mailto:codyehill@hotmail.com). Info for contest will be updated on the Strongest Southern Belle 2016 Facebook page.

Date & Time: February 27th, 2016. Rules at 10:30am. Contest starts at 11:00am.

Weigh-in: Friday weigh-ins from 7am-11am at the home of Robby and Codye McCann. 207 N. Miller St. Cynthiana, KY 41031

Location: US Army National Guard Armory, 1497 New Lair Rd, Cynthiana, KY 41031

Hotel: Hampton Inn, 128 Darby Drive, Georgetown, KY 40324

Divisions: (All Female Contest) All Open weight classes. LW Novice/LW Masters 165-Under, HW Novice, HW Masters 166+ (Masters division is for those 40+ years old).

Events: Axle Clean & Press, Car Deadlift, Farmers/Conan's Wheel Medley, Tire Flip, Atlas Stone Series to the Platform. All events will be held indoors. All events will be timed (60 second time limit).

Awards: Trophies 1st-3rd place in each weight division. (Must have 3 competitors per weight division prior to entry deadline to honor the division, otherwise divisions will be combined.) T-shirt given to all competitors.

Entry Fees: \$50 per contestant. Must have a valid USS membership to compete. USS membership can be purchased on the day of contest for \$20.

Entry Deadline: February 12, 2016 (You may register up until the day of the contest but the entry fee will increase to \$70 per contestant (plus valid USS membership) after Feb. 12th.)

Mail Entries & Fees: Make checks payable to Robby McCann, 207 N. Miller St. Cynthiana, KY 41031. Can pay through paypal. Email address to pay is [codyehill@hotmail.com](mailto:codyehill@hotmail.com). Send completed entry form to the same email address. Can also pay through [www.bbrstrengthfitness.com](http://www.bbrstrengthfitness.com). Click on the StrongWoman tab.

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: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

T-shirt Size: \_\_\_\_\_ Extra T-shirt (\$15) Size: \_\_\_\_\_

Division: \_\_\_\_\_ Weight Class: \_\_\_\_\_ Height: \_\_\_\_\_ Gym: \_\_\_\_\_

Signature: \_\_\_\_\_ Parent or Guardian signature is required if competitor is under 18.