

**First Annual**  
**Massachusetts' Strongest Man and Woman**  
**State Championships**

*to benefit Broken Tail Rescue and Local Animal Shelters*

(United States Strongman Inc. Membership required of all contestants. Available at contest)

- Contest Director:** Behzad "Bear" Massah Bakhshandeh
- Date:** April 12, 2015
- Time:** 10:00am
- Rules:** 9:30am
- Weigh-in:** April 11, 2015 6:00PM-7:30PM  
April 12, 2015 8:00AM-9:00AM
- Location:** YMCA of Central Massachusetts in Westborough  
4 Valente Drive, Westborough, MA 01581
- Hotel:** Econo Lodge Inn & Suites  
380 Southwest Cutoff, Northborough, MA 01532  
(508) 842-8941  
Just across the street from the Event Location. Look out for Discount code!
- Divisions:** **Men's Lightweight (<181), Men's Middleweight (181-220), Men's Heavyweight (221+)**  
**Women's Lightweight (<132), Women's Middleweight (133-165), Women's Heavyweight (166-198), Women's Super Heavyweight (199+)**  
**Men's Open Novice**  
**Women's Open Novice**  
**Men's Open Masters**
- Events:** 1. Log Clean and Press Away  
2. Car Deadlift  
3. Keg Carry/Chain Drag Medley  
4. Frame Hold  
5. Odd Object Load  
**EVENTS AND WEIGHTS ARE SUBJECT TO CHANGE WITHOUT NOTICE**
- Awards:** Trophies/Medals and Certificates for Top 3
- Entry Fees:** \$60/\$100 if Postmarked/PayPal after March 20<sup>th</sup>  
**Entries Received Are Non-Refundable**
- Entry Deadline:** March 20<sup>th</sup> / 50 Athlete cutoff
- Please Make All Entry and Donation Checks Payable to: **BEHZAD MASSAH BAKHSHANDEH**  
8 Aspen Ave  
South Grafton, MA  
01560  
(cell) 781-801-4542 (email) bearussma@gmail.com

	<b>Log Clean and Press</b>	<b>Car Deadlift</b>	<b>Keg Carry/ Chain Drag</b>	<b>Frame Hold</b>	<b>Odd Object Load Keg/Sandbag/ Hydrant/Stone</b>
<b>Men Open LW</b>	220	Car	200/Really Heavy	500	200/200/ TBD/240
<b>Men Open MW</b>	240	Car + Weight	200/Heavier	550	250/200/ TBD/260
<b>Men Open HW</b>	270	Car + More Weight	250/Heaviest	600	250/250/ TBD/280
<b>Women Open LW</b>	100	Small car	100/Heavy	300	100/100/ TBD/150
<b>Women Open MW</b>	120	Small Car + Weight	100/Heavy	300	100/100/ TBD/150
<b>Women Open HW</b>	150	Small Car + Weight	150/Really Heavy	400	150/150/ TBD/200
<b>Women Open SHW</b>	150	Small Car + More Weight	150/Heavier	400	150/150/ TBD/200
<b>Men Open Novice</b>	200	Car	200/Really Heavy	500	200/200/ TBD/240
<b>Women Open Novice</b>	100	Small Car	100/Heavy	300	100/100/ TBD/150
<b>Men Open Masters</b>	200	Car	200/Really Heavy	500	200/200/ TBD/240

**RULES**

- Log clean/press:** 60 second limit. Log is cleaned once and pressed from rack position until time runs out. Chalk, belts, and elbow support are ok.
- Car Deadlift :** 60 second time limit. Down AND UP command will be given. No bouncing. No suits or briefs. Belts, chalk, knee sleeves/wraps, elbow sleeves ok.
- Keg/Chain :** 60 second time limit. Carry keg 50 feet and place UPRIGHT. Drag chain backwards. No Tacky. Chalk ok
- Frame Hold :** 60 second time limit. Pick up and hold frame. No tacky. Chalk and belt ok
- Odd Object Load:** 60 second time limit. A Keg, Sandbag, Fire Hydrant, and Stone will be placed at various distances from a multi-tiered platform. The athlete must load each object to its designated height and clear all body parts away from platform before time stops. No tacky. Chalk ok

United States Strongman of Massachusetts Facebook Page: [www.facebook.com/UssIncMA](http://www.facebook.com/UssIncMA)

Facebook Event Page: [www.facebook.com/events/811005678971547/?ref=22](http://www.facebook.com/events/811005678971547/?ref=22)

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: \_\_\_\_\_ Shirt Size (S-4XL): \_\_\_\_\_

Gym: \_\_\_\_\_

Signature: \_\_\_\_\_

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