

Minnesota Show of Strength

PROMOTER: Benjamin Loehrer

DATE: 6-10-2017

TIME: Contest will begin at 10:00 a.m.

Rules for contest at 9:30 a.m.

LOCATION: Minneapolis Convention Center

DIVISIONS: Women's: Light weight: up to 132 pounds

Middle weight: 132-165 pounds

Heavy weight: 165+ pounds

+ Open Novice Class

MEN'S: Light weight: up to 181 pounds

Middle weight: 181 – 220 pounds

Heavy weight: 220 +pounds

+ Open Novice Class

WEIGH-INS: At event from 8:30 am – 9:30 am the morning of the contest

Will be held the day before also from 5:00 a.m. - 10:00 p.m. at

Los Campeones gym

2721 E. Franklin Ave.

Minneapolis, MN 55406

EVENTS: Wheel barrel load and carry, Axel Clean and Press, Viking Deadlift, Yoke Race, Atlas Stone

ENTRY FEES: \$60

ENTRY DEADLINE: May 26th, 2017. Registering the day of is acceptable with \$10 late fee.

If you register is late you may not get a shirt.

Contact: Benjamin Loehrer- email: bestgym612@gmail.com or phone 612-850-0029

MAKE ALL CHECKS PAYABLE TO: Benjamin Loehrer

Mail to: 2721 E Franklin Ave. Minneapolis, MN 55406

NAME: _____

AGE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

EMAIL: _____

DIVISION/WEIGHT CLASS: _____

T-Shirt size (circle one): S M L XL 2XL 3XL

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 Benjamin Loehrer, Los Campeones gym, Tim Kovach and 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. Therefore I affix my signature below:

SIGNATURE: _____ (PARENT OR
GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

*ALL EVENTS, WEIGHTS, ORDER OF EVENTS SUBJECT TO CHANGE AT ANYTIME