



ARNOLDS STRONGEST TEEN

Strongman Corporation –Membership Required of all Contestants

- PROMOTER:** Matt Garee & Theresa Garee
email: matt.garee@gmail.com
cell: 503-415-9520 (I would prefer text messages, please)
- DATE:** March 7 and 8th
- TIME:** Saturday 9:00-6:00, Sunday 11:00-2:00
- WEIGH-INS:** Weigh-ins day Friday before, time TBD, at venue. Additional weigh-in will be 9-10 at the venue but will be limited to time available.
- DIVISIONS:** Women ages 13-19 LW 0-140, MW 141-180, HW 181+
Men ages 13-19 LW 0-175, MW 176-231, HW 232+
Divisions will be separated by age groups, based on your age as of Feb 8th, 2020.
Groupings are to be 13-14, 15-16, and 17-19. Consolidation of classes and age groups is possible, at a minimum there will be an 15 and under and 16 and over age grouping.
- LOCATION:** Bricker Building,
Ohio Expo Center
717 E 17th Ave
Columbus, OH 43211
- EVENT PAGE:** <https://facebook.com/events/2532668873656024/?ti=cl>
- HOTEL:**
- AWARDS:** Trophies for 1st places and medals for 2nd and 3rd.
- ENTRY FEES:** \$70. Entries will be accepted up to two weeks before event.
- SPECTATORS:** Event will be taking place in the Arnold kids and teen expo and will require purchase of Expo tickets. Arnold Expo offers a packet of 3 tickets for \$50 which includes the fairgrounds and downtown. Daily tickets are \$20.
- PARKING:** Parking is \$10 each day at the OSU fairgrounds
- MEMBERSHIP:** Strongman Corporation membership required of all competitors. New membership: \$30 teens. Renewal: \$20 teens. You may purchase or renew at the contest during registration. Please bring cash.

MAIL ALL CHECKS PAYABLE TO: **Matt Garee**
 420 N Center St
 Pickerington, OH 43147

EVENTS: Day 1 : Axle clean and press for reps, Arm over arm pull, 13" Axle deadlift for reps,
 Sandbag carry for distance
Day 2 : Yoke carry, Sandbag load over bar.

AXLE CLEAN AND PRESS FOR REPS: Athlete will have 60 seconds to clean and press weight for as many reps as possible. Weight is to be cleaned each rep. Do not drop axle from lockout, please control the bar down. No resting axle on belt.

Equipment allowed: belt, chalk, knee sleeves, wrist wraps, elbow sleeves

Equipment not allowed: tacky, spray tack

ARM OVER ARM PULL: Athletes will have 60 seconds to pull a sled arm over arm 50 feet. Athletes must start/remain seated. Experienced rope feeders will be available. Time will stop when sled crosses line.

Equipment Allowed: belt, sleeves, gloves

Equipment not allowed: Tacky, spray tack

13" AXLE DEADLIFT FOR REPS: axle height will be set at 13". Athletes will have 60 seconds to deadlift the bar as many reps as possible. Athletes will receive an up and down command. Sumo is not allowed.

Equipment allowed: Belt, knee sleeves, lifting straps, versa grips

Equipment not allowed: Suits, lifting hooks, tacky, spray tack

SANDBAG CARRY FOR DISTANCE: Athletes will begin with hands off of sandbag.

When given lift command the athlete will pick up sandbag, held in front of body in a bear hug, and carry for maximum distance. Once sandbag is dropped distance will be measured. Turns will be at 50 feet.

Equipment allowed: belt (with buckle turned to side or back), knee sleeves, elbow sleeves, wrist wraps

Equipment not allowed: tacky

YOKE CARRY: Athletes will have 60 seconds to carry the yoke 50ft as quick as possible. Unlimited drops

Equipment allowed: belt, elbow and knee sleeves.

Equipment not allowed: tacky, spray tack

SANDBAG LOAD OVER BAR: Athletes will have 60 second to load sandbag over bar for as many reps as possible, alternating sides with each rep. You may not use the yoke to assist in loading sandbag.

Equipment allowed: belt (with buckle turned to side or back), knee sleeves, elbow sleeves, wrist wraps

Equipment not allowed: tacky

LEGAL AND WAIVER

STRONGMAN CORPORATION and Matt Garee will take reasonable endeavors to comply with all applicable obligations of the Health & Safety at Work, Act 1974 and the Management of Health and Safety at Work Regulations 1992 (amended 1999) ensuring as far as reasonably practicable, the health, safety and welfare of all its employees freelance and contracted personnel and others, including the general public, who come into contact from time to time with any of, STRONGMAN CORPORATION AND Matt Garee's work activities.

The Athlete shall fully co-operate with, STRONGMAN CORPORATION AND Matt Garee and not disregard any information, instruction or training given in the interest of the Athlete's health and safety in accordance with sections 2 and 3 of the Health and Safety at Work, etc. Act 1974 and Regulation 10 & 13 of the Management of Health & Safety at Work Regulations 1999. Furthermore, the Athlete agrees not to willfully interfere with or damage any equipment including protective equipment provided in the interest of health, safety and welfare and the Athlete agrees to strictly comply with all of, STRONGMAN CORPORATION AND Matt Garee's instructions at all times, in accordance with sections 7 and 8 of the Health & Safety at Work, etc. Act 1974.

In accordance with the Health & Safety at Work Act 1974, the Athlete shall take all reasonable steps to safeguard their own health and safety and that of any person who may be affected by their activities during participation in events and competitions.

The Athlete shall co-operate with, STRONGMAN CORPORATION AND Matt Garee and their designees or appointees in this regard. The Athlete shall not participate in any competition or event if not in good health nor fit enough to participate. The Athlete shall inspect all equipment used in the competition and confirm that in his opinion it is safe to use.

INJURIES

The Athlete understands and accepts that events and competitions involving contests of strength may as with any sporting contest result in injury.

The Athlete hereby waives and indemnifies STRONGMAN CORPORATION and Matt Garee from any and all liabilities that may arise or be incurred by STRONGMAN CORPORATION and Matt Garee through the Athlete's participation in any event and/or competition organized or licensed by or for and on the behalf of STRONGMAN CORPORATION AND Matt Garee.

The Athlete fully understands and accepts that events and competitions of Strength athletics involves physical exertion. The Athlete shall not enter nor continue in any event or competition unless medically

and physically fit enough to do so and by any event or competition the Athlete shall warrant the same and hold , STRONGMAN CORPORATION AND Matt Garee, free from any and all liability.

The Athlete warrants that he has read and fully understood the Entry and waiver for STRONGMAN CORPORATION AND Matt Garee's Health Policy and agrees to comply with the same and hold, STRONGMAN CORPORATION AND Matt Garee, free from any and all liability in respect of, STRONGMAN CORPORATION AND Matt Garee adopting and implementing the same. The Athlete expressly releases STRONGMAN CORPORATION AND Matt Garee, and its employees, servants, agents, designees and appointees from any and all actions, claims, liabilities, loss, costs or expense which may arise whether directly or indirectly from participation in any STRONGMAN CORPORATION AND Matt Garee event or competition.

Media and in further consideration of permission being granted to me to participate in the ARNOLD CLASSIC STRONGEST TEEN and its related events, I hereby grant STRONGMAN CORPORATION, Matt Garee 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 any time in connection therewith. Nothing contained herein shall be deemed to obligate STRONGMAN CORPORATION, Matt Garee 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 STRONGMAN CORPORATION, Matt Garee 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 STRONGMAN CORPORATION, Matt Garee and/or any other approved video or entertainment organization hereunder.

Therefore I _____ (Athlete's printed name) affix my signature below as proof that I have read and understand the above policies.

NAME: _____

AGE: _____ DATE OF BIRTH: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

DIVISION: Masters Men Open Women Open Men Novice Women Novice men

WEIGHT CLASS _____

T-SHIRT SIZE: ___ S ___ M ___ L ___ XL ___ XXL ___ 3XL ___ 4XL ___ 5XL

SIGNATURE: _____

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