

# 2<sup>nd</sup> Annual Metroflex Houston Police/Military/Fire Strongman Challenge

(North American Strongman Inc. Membership Required of all Contestants)

**PROMOTERS:** Ryan Wendt and Ashley Wirt

**DATE & TIME:** January 14, 2012; **9:00 AM Rules; 9:30 AM Start**

**LOCATION:** **METROFLEX HOUSTON**  
8150 Westpark Drive  
Houston, TX 77063-6316  
(713) 784-5200

**WEIGH-IN:** Early Weigh-In Friday, January 13<sup>th</sup> @ Metroflex Houston (Call Ryan or Ashley to meet between 10:00 AM and 6:00 PM)  
Contest Morning Weigh-In: 8:00 AM to 9:00 AM

**DIVISIONS:** Teen Open, Masters Open, LW P/M/F, LW Open, HW P/M/F, HW Open

**EVENTS:** **Press Medley:** Viking (1 rep), 1-Arm DB (1 rep), Log (press for reps); 60 second time limit  
Masters/Teen- 175 Viking, 90 DB, 190 Log; LW Open/LW PMF- 200 Viking, 105 DB, 215 Log;  
HW Open/HW PMF- 220 Viking, 120 DB, 235 Log

**Conan's Wheel:** Teen/Masters- Police Officer in the basket; LW Open/LW PMF Police Officer and Firefighter in the basket;  
HW Open/HW PMF-Police Officer, Fire Fighter, and a Marine in the basket.

**Incline Carry and Drag Medley:** All Divisions- 150 lb. Fire Hydrant Carry & 200 lb Sandbag Carry; Sled Pull: Teen /Masters- 200;  
LW Open/LW PMF- 275; HW Open/HW PMF- 325 (All up 30' Incline)

**18" Dead Lift** (max reps; 60 second time limit; standard bar; straps and chalk allowed)  
Teen/Masters- 390; LW Open/LW PMF- 455; HW Open/HW PMF- 545

## Truck Pull

**AWARDS:** Awards 1<sup>st</sup> through 3<sup>rd</sup> each division. Silver Level Contest- 1<sup>st</sup> in each division qualifies for Nationals.

**ENTRY FEES:** Entry Fee is \$75. Entry Deadline is December 16<sup>th</sup>. Entries rec'd after December 16<sup>th</sup> will be charged at \$20 late fee.  
**FIRST 20 ATHLETES TO REGISTER WILL RECEIVE \$20 DISCOUNT!!!!**

**MAKE ALL CHECKS PAYABLE TO: Metroflex Houston, 8150 Westpark Drive, Houston, Texas 77063**

**CONTACT INFO:** Ashley Wirt- ashleywirt@hotmail.com; Ryan Wendt- metroflexhouston@yahoo.com

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 Ashley Wirt, Ryan Wendt, Metroflex Houston, Migliore Investments, 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 NAS 2<sup>nd</sup> Annual Metroflex Houston Police/Military/Fire Strongman Challenge, 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:

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

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

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

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

DIVISION: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_ FUN FACT ABOUT YOU: \_\_\_\_\_

If entering a P/M/F Division, what branch or division did you serve? \_\_\_\_\_

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