SHOW OF STRENGTH
(Strongman Corporation Membership required of all Contestants)

PROMOTER: Greg McCoy and Destination Gym Team
Email: gym@destinationdallastexas.com Phone: 972-424-3539

DATE: July 22, 2017
TIME: Meeting 9:00am Competition 10:00am

LOCATION: Destination Gym, 2655 Premier Drive, Plano, Texas 75075

HOTEL: Homeward Suites, 2601 President George Bush Hwy., Plano, TX 75074

DIVISIONS: Men, Women, Masters, Teens, Level 1 competition

EVENTS: Frame Carry / Duck Walk Medley, Circus DB for Reps, Log Press for Reps, Max Frame Deadlift, Truck Pull

1. Circus dumbbell for reps - must clean and press each rep

Women's - 60lbs
Lwm 175>/teen - 100lbs
Mwm 200 -120lbs
Mwm 231 - 140lbs
Hwm 265 - 150lbs
Hwm 265+ - 160lbs

2. Frame carry / duck walk - down and back 50ft - no straps allowed

Women - 250lbs / 125lbs
Lwm/teen - 350lbs / 200lbs
Mwm 200 - 400lbs / 225lbs
Mwm 231 - 450lbs / 250lbs
Hwm 265 - 500lbs / 275lbs
Hwm 265+ - 550lbs / 300lbs

3. Max Frame DL

4. Log press for reps 1 clean max reps no drops allowed

Women's - 110lb
Lwm 175>/teen - 200lbs
Mwm 200 -220lbs
Mwm 231 - 235lbs
Hwm 265 - 245lbs
Hwm 265+ - 265lbs

5. Truck Pull 75'

AWARDS: Top 3
ENTRY FEES: $75.00
ENTRY DEADLINE: Day of Show, July 22nd

MAKE ALL CHECKS PAYABLE TO: Destination Gym; Mail to Destination Gym, 2655 Premier Drive, Plano, TX 75075

STRONGMAN CORP. AND _____ Destination Gym_____________________________, STRONGMAN CORP. and _____ Destination Gym_____________________________ 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 CORP. AND ___ Destination Gym’s work activities.

The Athlete shall fully co-operate with, STRONGMAN CORP. AND _____ Destination Gym _____ 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 CORP. AND _____ Destination Gym_____________________________’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 CORP. AND ______ Destination Gym_____________________________ 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 CORP. AND _____ Destination Gym_____________________________ from any and all liabilities that may arise or be incurred by STRONGMAN CORP. AND ___ Destination Gym_____________________________ through the Athlete’s participation in any event and/or competition organized or licensed by or for and on the behalf of STRONGMAN CORP. AND ___ Destination Gym_____________________________.

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 CORP. AND ___Destination Gym________________________, free from any and all liability.

The Athlete warrants that he has read and fully understood the, STRONGMAN CORP. AND ___Destination Gym’s __________________ Health Policy and agrees to comply with the same and hold, STRONGMAN CORP. AND ___Destination Gym __________________, free from any and all liability in respect of, STRONGMAN CORP. AND ___Destination Gym __________________ adopting and implementing the same.

The Athlete expressly releases, STRONGMAN CORP. AND ___Destination Gym___________, 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 CORP. AND ___Destination Gym _______ event or competition including but not limited to injury and the implementation of the, STRONGMAN CORP. AND ___Destination Gym ___ Health Policy.

Therefore I affix my signature below to serve as proof that I have read and fully understand the STRONGMAN CORP. health policy:

NAME: ______________________________________________________________________________________________ AGE: __________________________
ADDRESS: __________________________________________________________________________________

CITY: ____________________________________________________________________ STATE: __________ ZIP: ______________

PHONE: ___________________________ DATE OF BIRTH: __________________________

EMAIL: __________________________________________________________________________________________

DIVISION: __________________ WEIGH CLASS __________________ HEIGHT: ______________

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