



# My Iron Valentine Strongman Competition

## Feburary 13, 2021

(top 2 Open Weight class/division qualifies for SC Nationals)

**Brute Strength Gym**  
836 Poplar Hall Drive  
Norfolk ,VA 23502

**Time: 9am**

**Weigh In: Friday 8am-11am & 4pm-7pm**  
**Sat 7am-8am Rules 8am**

757-893-9111

email: brando\_waterfront@yahoo.com

**EVENTS:**

- Yoke Run
- Deadlift Medley
- Barbell Strict Press from Rack (State Record)
- Tire Flip / Fingal Fingers
- Last Man Standing Stone Load
- ..

**Weight Class / DIVISION**

- Teen WM LW <140 / HW 141+
- Women's LW Masters <160 / HW 161+
- Women Novice LW <140/HW 141+
- Womens Open LW <140/MH 141-180/ HW
- Teen Men LW <200 / HW 201+
- Mens LW Masters <231 / HW 232+
- Men Novice LW <231/HW 232+
- Open Men 175/200/231/265/SHW

**\*Does not need to be Va. State Resident\* Must have current SC Membership \*can be purchased at weighins**

**Awards 1<sup>st</sup>-3<sup>rd</sup>**

**Must be post marked January 25, 2021 (no refunds)**

Make Checks out to Brute Strength Gym (paypal available) brutestrengthgym.net

All Athletes Must have current SC Membership card (can be purchased day of with the State Chairman)

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, and mu assignees, waive, and release all rights and damages I may have against (Brute Strength Gym LLC, Stella Krupinski, NAS Inc., or Dione Wessels, and all sponsors of the event, their representatives and assigns, for any and all injuries incurred by me in conjunction with this competition and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the (Brute Strength Gyms Strongest Man) and its related events, I hereby grant NAS, Inc., Brute Strength Gym LLC 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 NAS, INC., Brute Strength Gym LLC, 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 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: \_\_\_\_\_ DOB \_\_\_\_\_ Phone \_\_\_\_\_

Address: \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_

Email:- \_\_\_\_\_ Division: \_\_\_\_\_ Weight Class: \_\_\_\_\_

Contest Entry \$65: \_\_\_\_\_

Additional \$15 Competition Tee Shirt: \_\_\_\_\_ Size : \_\_\_\_\_ Total: \$ \_\_\_\_\_

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

(Parent or guardian signature required if contestant is under 18 years of age)

	<b>Yoke</b>	<b>Deadlift Medley Axle -Truck Tire – Farmers Carry-Frame – Deadlift Bar</b>	<b>Max-Barbell Overhead Press Out of Rack Standard Bar Starting Weight</b>	<b>Tire Flip (3) Fingal Fingers (x2)</b>	<b>Stone’s Last man Standing Stone Load</b>
WM Teen	250	150-200-125-225-200	65	250 8’ / 9’ WTBD	40” -62-70-92-100-135--150
WM LW Masters <160	300	225-200-135-300-225	75	300 8’ / 9’ WTBD	40” 100-112-135-150-170- 198
WM HW Masters 161+	350	250-275-175-350-275	95	380 8’ / 9’ WTBD	40”100-112-135-150-170- 198
Wm Novice LW <140	300	225-200-135-300-225	75	300 8’ / 9’ WTBD	40” 100-112-135-150-170- 198
WM Novice HW 141+	350	250-275-175-350-275	95	380 8’ / 9’ WTBD	40” 100-112-135-150-170- 198
WM LW <140	350	250-275-175-350-275	100	380 8’ / 9’ WTBD	40” 100-112-135-150-170- 198
WM MW 141	400	275-300-200-400-300	115	500 8’ / 9’ WTBD	40”170-198-214-228-242- 251
WM HW 181+	450	300-350-225-425-375	115	500 8’ / 9’ WTBD	40” 170-198-214-228-242- 251
Teen Men LW	400	250-275-135-350-275	135	380 8’ / 9’ WTBD	40” 135-150-170-198-214- 228
Teen Men HW	500	300-350-225-425-375	135	500 8’ / 9’ WTBD	40” 150-170-198-214-228- 241
Men LW Master <231	530	400-450-250-475-400	160	500 10’ / 11’WTBD	40” 198-214-228-241-251- 290
Men HW Master 231 +	600	450-500-275-550-525	180	625 10’ / 11’WTBD	40” 214-228-241-251-290- 304
Men Novice LW <231	530	400-450-250-475-400	160	500 8’ / 9’ WTBD	40” 198-214-228-241-251- 290
Men Novice HW 231+	630	450-500-275-550-525	180	625 8’ / 9’ WTBD	40” 214-228-241-251-290- 304
Men LW <175.4	530	400-450-250-475-400	160	500 8’ / 9’ WTBD	40” 198-214-228-241-251- 290
Men MW <200	630	450-500-275-550-525	200	700 10’ / 11’WTBD	40”299-315-327-350-371- 410
Men <231	730	500-600-305-600-550	240	700 10’ / 11’WTBD	44” 299-315-327-350-371- 410
Men HW 265	810	550-650-350-700-650	240	900- 10’ / 11’WTBD	44”315-327-350-371-410- 424
Men SHW	810	550-650-350-700-650	240	900- 10’ / 11’WTBD	44”315-327-350-371-410- 424