

Southern California's Strongest Man

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

PROMOTER: Scott Brengel

DATE: 03/27/2010

TIME: 11:00AM contest start; rules and weigh ins from 9-10am

LOCATION: Huntington Beach, CA - Pacific Coast Highway and Huntington St. (Across from the Hilton at 21100 Pacific Coast Hwy)

DIVISIONS: LW 231 and under, HW 231+ and tentatively LW and HW teens

EVENTS: Events are subject to change

Overhead Medley (Log, axle, barbell, keg, dumbbell) all implements (except dumbbell) roughly 230-250 for LW and 260-280 for HWs (60 secs)

Death Medley - Farmer's Walk (2 inch handles) LW240lbs HW260lbs 100 ft/ Tire Flip 50 ft / Sled Drag 50 ft (90 secs)

Kegs over bar - (6-8 kegs) (60 secs) Height of standards to be determined.

Harness Pull (80 ft) with rope, 60 secs

Atlas stones 5 stone series (LW 240, 275, 300, 320, 350) and (HW 275, 300, 320, 350, 380) 48 inch platform (60 secs)

AWARDS: TBD

ENTRY FEES: \$65 per athlete; \$80 after March 13, 2010

ENTRY DEADLINE: March 13, 2010, registering the day of is acceptable with \$15 late fee. NAS memberships are required at registration. Contest will be capped at 40 total competitors

Contact: Scott Brengel email: scott@eastweststrength.com or phone 714-423-3173

Contest Updates available at: www.eastweststrength.com/contest/

MAKE ALL CHECKS PAYABLE TO: Scott Brengel

Mail to: 2184 Canyon Drive, Unit E, Costa Mesa, CA 92627

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 Scott Brengel, staff, the CITY OF HUNTINGTON BEACH, ITS OFFICERS, ELECTED OR APPOINTED OFFICIALS, EMPLOYEES, AGENTS AND VOLUNTEERS, 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 Southern California's Strongest Man 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:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

PHONE: _____ **DATE OF BIRTH:** _____

EMAIL: _____ **DIVISION:** _____

WEIGHT CLASS _____ **HEIGHT:** _____ **T-Shirt size (circle one):** L XL XXL XXXL

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

In order to throw an entertaining show for the audience, please provide a few brief answers to the following questions. There will be a very large audience at this show. This site is a popular venue for the X-Games, Paintball championships, Major Surf Contests, etc. There is a boardwalk right next to the venue and there is a lot of foot traffic all day long. This venue is the same as the 2007 World's Strongest Man contest with the famous Huntington Pier in the Background.

Any family member(s) at contest to support:

Training crew and location:

How long you have been training strongman:

Contest wins, Best Placing or Titles in Strongman or Powerlifting contests?

How long you have been lifting weights:

All sports played from high school, college, amateur, pro, etc:

Best Strongman Event(s):

Worst Strongman Event(s):

Best Deadlift:

Max Overhead lift:

Favorite TV show(s):

Favorite Movie(s):

Favorite 3 training songs:

Favorite 3 other songs:

Favorite cereal or breakfast food:

Hobbies besides strongman: