



ENTRY FORM FOR The 2012 TOTAL FITNESS STRONG MAN COMPETITION

Please enroll me in the Total Fitness Strong Man Competition to begin at 12:00 pm on Saturday, February 18th, 2012. **Contestants must be on-site 10 - 11:00 am for weigh-ins. Competitors meeting will be at 11:30am** The Pre-registration fee of \$10.00 for a single event or \$20.00 for all events is due by: February 10th, 2012. **Make check or money order payable to: Total Fitness** Entry fees will not be refunded. Registration at the door will be \$15 for a single event or \$25 for All Events.

My name and address are as follows: **(NOTE: PLEASE PRINT)**

Name_____

Address_____

City/State/Zip Code_____

T-Shirt Size_____

Men Only: Weight Class (Circle One):

Men: 200 lbs. or less---- 201lbs or over.

Trophies and Prizes will be awarded to the top 3 competitors in each class.

MENS EVENTS (Circle One Event or Circle All Events)

1-) Dead Lift (reps)

4 -) Max Bench (1 rep)

2-) Farmers Walk (timed distance)

5-) Tire Flip (timed distance)

3-) Apollon's Wheels (reps)

6-) All Events

WOMENS EVENTS (Circle One Event or Circle All Events)

1-)Tire Flip (timed distance)

3-)Sit Ups (reps)

2-) Dips (reps)

4-) Pull Ups (reps)

We would like to include a short biography of each contestant in the contest program. Please include information about yourself including past contests, occupation, school (if applicable), past training history, interests, special thanks, etc. (Use the back of this sheet if necessary.)

Please return this entry form, your entry fee, and signed release form (attached) to:

TOTAL FITNESS
4401 GOVENOR PRINCE BLVD
WILMINGTON, DE 19803

Strong Man Competition Release

In consideration of the acceptance of my entry form in the Strong Man Competition, I intend to be legally bound, not only for myself but also for my heirs, my executors, and my administrators. In signing this release from liability I waive, and hold harmless any and all liability from any sponsors, and associates for anything that may happen to me as a result from competing in this competition. I also certify with my signature that this release/agreement cannot be modified orally.

Participants Signature

Date

MENS EVENTS

Event # 1 Dead Lift: Contestants will deadlift a beginning weight of 315lbs for contestants under 200lbs and 405lb for contestants over 200lbs for reps. Each contestant has sixty seconds.

Event # 2 Farmers Walk: Contestants will carry a weight of approximately 100lbs in each hand for contestants under 200lbs and 150lbs in each hand for contestants over 200lbs for 30ft as fast as they can. Competitors will be allowed to use straps.

Event # 3 Apollon's Wheels: This is a unique barbell made famous by turn-of-the-century strongman Louis "Apollon" Uni. It resembles two train wheels welded to a thick bar and weighs in total 135lbs for contestants under 200lbs and 185 lbs for contestants over 200lbs. Contestants must lift the barbell from the floor to overhead press as many times as possible in ninty seconds.

Event # 4 Max Bench: Contestants must bring the weight to their chest and pause then press the weight to a full lockout, then rack the weight. Weight classes will be decided after weigh ins.

Event # 5 Tire Flip: Contestants must flip the tire 25ft as fast ast they can.

WOMENS EVENTS

Event # 1 Tire flip: Contestants will flip a smaller tire 15ft as fast as they can.

Event # 2 Dips: Contestants will have 60seconds to do as many reps as they can.

Event # 3 Sit ups: Contestants will have 60seconds to do as many reps as they can.

Event #4 Pull ups: Contestants will have 60seconds to do as many reps as they can.

For Office Use Only
Date received:
Amount Received: