

BELANGER POWER SPORTS  
and  
MAXFIT SPORTS NUTRITION  
PRESENT  
THE FOURTH ANNUAL NAS EMERALD COASTS STRONGEST MAN CHALLENGE  
**Emerald Coast Conference Center**  
**1250 Miracle Strip Parkway SE**  
**Fort Walton Beach, FL 32548**  
Gold Level

(Must possess a current NAS card or purchase one at the contest)

DATE: Saturday, July 23<sup>rd</sup> 2011

ENTRY FEE: \$ 50.00 non refundable. Entry received after July 13<sup>th</sup> subject to \$ 25 late fee. No day of contest entries.

WEIGH-IN: Friday July 22, 4:00-7:00pm at the Convention Center and Saturday 08:45-09:00 am

RULES: 09:30 am START TIME: 10:00 am

Events and weights are subject to change.

**Max Log Press** –10 inch log, 3 attempts max weight wins: Wessels Rule - Competitor names weight for each attempt. If a competitor fails at any attempt, no more attempts are given. If there are ties and 1 competitor gets to the weight in fewer attempts, that competitor wins the tie.

**Sandbag carry for time** - 100 ft with 1 turn

Open Heavy - 300 lbs

Open Light - 250 lbs

Novice Heavy / Masters - 250 lbs

Novice Middle - 200 lbs

Novice Light / Teens / Women - 150

**Max Deadlift:** 18 inch deadlift. 3 attempts.. Wessels Rule. Straps allowed.

**Farmers Walk:** 100 feet with 1 turn for best time

Open Heavy - 300lbs / hand

Open Light - 250lbs / hand

Novice Heavy / Masters - 250 lbs / hand

Novice Middle - 200 lbs / hand

Novice Light / Teen - 150 lbs / hand

Women - 120 lbs / hand

**Keg Load** for reps over 48" bar

Open Heavy - 350lbs

Open Light - 300 lbs

Novice Heavy / Masters - 250 lbs

Novice Middle / Light - 200 lbs

Teens / Women – 150

**DIVISIONS/ WEIGHT CLASSES**

Teens: Light-up to 175, Heavy over 175

Women, light - up to 175, heavy over 175

Novice, light - up to 175, middle - up to 200, heavy – up to 231, Super heavy over 231

Open: light - up to 231, heavy - over 231

Master, light - up to 231, heavy - over 231

ENTRY FEE \$ 50.00 NON REFUNDABLE

Make all checks payable to:

Daniel Belanger

PO Box 219

Bagdad Florida 32530-0219

PHONE: (850) 686-2965

E-mail me at: [belangerpowersports@live.com](mailto:belangerpowersports@live.com)

4th Annual Emerald Coasts Strongest Man Challenge Entry Form

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 Belanger Power Sports, Daniel Belanger, Max Fit, Russ Mesey, The swamp, Emerald Coast Convention Center, Okaloosa County and all officers thereof, North American Strongman Society, Willie or Dione Wessels, 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 "The 4<sup>rd</sup> Annual NAS Emerald Coasts Strongest Man Challenge" and its related events, I hereby grant NAS inc., Belanger Power Sports, Daniel Belanger 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 Belanger Power Sports, Daniel Belanger, MaxFit Sports Nutrition, Russ Mesey, The Swamp, Emerald Coast Convention Center, Okaloosa county and all officers thereof, North American Strongman Society, Willie or Dione Wessels, NAS inc., and/or any other approved 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 Belanger Power Sports, Daniel Belanger, MaxFit, Russ Mesey, The Swamp, Emerald Coast Convention Center, Okaloosa county and all officers thereof, North American Strongman Society, Willie or Dione Wessels, 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: PLEASE PRINT CLEARLY

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

ADDRESS \_\_\_\_\_

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

PHONE: ( ) \_\_\_\_\_ DATE OF BIRTH: / / \_\_\_\_\_

E-MAIL \_\_\_\_\_

T-SHIRT SIZE \_\_\_\_\_

DIVISION: \_\_\_\_\_ WEIGHT CLASS: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

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

**Make all Checks payable to:**

**Daniel Belanger**

**PO Box 584**

**Milton FL 32572**