
Team Tom Presents

5th Annual Team Tom An American Tribute

STRONGMAN Competition

Strongman Corporation Level I Contest

Saturday, May 18th, 2019

Team Tom Gym, 2000 Greeley Mall, Greeley, CO 80631

Start Time: 9:00 AM

Rules Briefing: 8:30 AM

Weigh In on day of contest: 7:00 AM *(at event site)*

EVENTS

Truck Pull 75 ft. Time limit 90 secs. Fastest time or Farthest distance. (sponsored by Weld County Garage, they will bring over 2 matching GMC Sierras)

Front Hold For time.

Tire/Keg/Sled Medley 50ft one way, total 150ft. Flip tire down, carry sandbag back, drop sandbag on sled, pull sled back.

Viking Press For Reps. 60 secs.

Max Frame Deadlift 3 attempts. Max wt lifted counts for final score. Straps are allowed. 25# jumps for women, 50# jumps for men.

Women	Truck Pull	Front Hold	Tire/Keg/Sled	Viking Press	Max FrameDeadlift
Novice LW	TBD	15	TBD/100/100	90	200
Novice HW	TBD	15	TBD/125/125	120	200
LW	TBD	15	TBD/125/125	120	225
MW + Masters	TBD	20	TBD/150/150	150	250
HW	TBD	25	TBD/175/175	170	300
Men	Truck Pull	Front Hold	Tire/Keg/Sled	Viking Press	Max Axle Deadlift
Novice LW	TBD	20	TBD/175/175	170	300
Novice HW	TBD	25	TBD/200/200	210	300
LW	TBD	25	TBD/200/200	210	350
MW + Masters	TBD	30	TBD/225/225	250	400
HW	TBD	35	TBD/250/250	290	450

Trophies will be awarded for 1st through 3rd placement per division.

****Events and Weights are subject to change

*** ALL Divisions 1st Place will qualify for Nationals (except Novice).

Contact Team Tom @ 970-515-6702 or Wendy Forsyth @ 970-324-1453

Please complete this form and mail with your check or money order for ENTRY FEE ONLY to:

Team Tom Gym 2000 Greeley Mall, Greeley Colorado 80631

EVENT DAY: Saturday May 18th, 2019 entry fee is \$75.00

ENTRY DEADLINE: May 4th, 2019 (\$100.00 if late entry)

Strongman Corporation Membership required, Available at weigh ins for contest. **Strongman Corporation Card can be purchased online at strongmancorporation.com or at contest.** Adults \$75 (\$42 renewal), Teens \$32 (\$22 renewal)
(Bring receipt to competition to show for proof of membership!!)

PLEASE PRINT CLEARLY

Name: _____ Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____

Weight: _____ T-shirt Size: _____ Division: _____ (please circle below)

T-shirt sizes: Small, Medium, Large, X-Large, XX-Large, XXX-Large, XXXX-Large **Additional T-shirts available for \$20 at contest**

MEN		WOMEN	
Masters		Masters	
Novice	LW 231 HW 231+	Novice	LW 160 HW 160+
Open	LW 175	Open	LW 140
	MW 231		MW 180
	HW 231+		HW 180+

****Novice cannot have placed 1-3 in any Strongman Corporation event AND Novice cannot qualify for Nationals****

WAIVER:

I hereby release Team Tom, Team Tom Gym and anyone and everything associated with this contest from any claims and damage or injuries that may occur to me at this contest. I understand that weight lifting can be a dangerous sport and there is a chance for injury. 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 Team Tom, Team Tom Gym, and 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. In further consideration of permission being granted to me to participate in the American Tribute Lifting Classic and its related events, I understand that it is my responsibility to dress appropriately for the event, being prepared for all temperatures that I may face for an event if held outside. I hereby grant permission for photography or to otherwise reproduce (whether by film, tape, still photography, or otherwise) my voice, appearance and name, to be exhibited, distributed, transmitted, and/or otherwise exploited by any and all media, including without limitation, by means of still photography, motion pictures, radio, television, advertising and/or publicity, and the right to use my name and information about me in connection with any of the foregoing. Nothing contained therein shall be deemed to obligate Team Tom, Team Tom Gym, and/or any other approved sponsor. Therefore, I affix my signature below:

Participant Signature _____ Date _____

If under 18, Parent or Guardian Signature _____