



## ENTRY FORM

# 2014 NSW Strongest Man/Woman/Gym May 17th and 18th

Thank you for expressing your interest in participating in the NSW Strongest Man competition held at Del Rio Riverside Resort, WISEMANS FERRY.

What do you need to do now?

1. First, you need to fill out the registration form and waiver and send it back ASAP via email. You can save it as a word document, fill in, email it back, and sign it on the day.
2. Get your \$100 competition fee in by **Friday 18th April, 2014.**
3. Show up at the venue at 10.00am on the 17th May for the official Weigh in.

Completed forms can be emailed to [support@vikingstrength.com](mailto:support@vikingstrength.com)

Event Rules and all details of the competition will be provided closer to the competition.

***Del Rio Resort has accommodation from camping to cabins to suit any budget, and it would be recommended to stay on site, as there is lots to do, and it will be good to have the competitors together staying in one location.***

***The planned competition events are:***

***Event 1 - Vehicle Pull - with harness (Timed)***

***Event 2 - Max Axle Deadlift***

***Event 3 - Viking Log Press (for Reps)***

***Event 4 - MAS Wrestling***

***Event 5 - Seated Arm over Arm Pull(Timed)***

***Event 6 - Loading Race (Timed)***

***Event 7 - Stone Carry (Distance)***

***Event 8 - Keg Toss (Timed)/(Distance for Women)***

***Whilst every effort is made to keep with the planned events, these may however change if required from safety or logistical reasons.***

# REGISTRATION FORM AND WAIVER

<b>Name</b>	
<b>Age</b>	
<b>Address</b>	
<b>Contact Number:</b>	
<b>Email:</b>	
<b>Weight Division</b>	
<b>Gym/Club</b>	
<b>Singlet SIZE</b>	

I acknowledge and understand that Strongman is considered an extreme sport and can involve a variety of known and unanticipated risks of personal injury, accident, damage and in extreme cases, dismemberment, disability or death.

I understand these risks and assume full responsibility for my actions and any circumstances that may result from my actions.

I agree to waive and hold harmless all associated staff, organizers and volunteers for any injury, accident, damage or loss that I may incur, and waive the right to any legal action that I or my heirs and dependents may have for any consequences resulting from my involvement in this event.

I \_\_\_\_\_, declare that I have fully read and understood this waiver and release of liability. I understand that I am giving up substantial rights by signing it, and do so voluntarily and without coercion.

Signed \_\_\_\_\_

Date \_\_\_\_\_

## PAYMENT

There is a fee of \$100 to compete.

You can tender your fee by direct deposit into the following account:

**Account Name:** Philip Robert Burgess T/As Viking Supplements

**Account Number:** 251177089

**BSB:** 012881

Alternatively you can pay your fee by PAYPAL to: **vikingsupplements@gmail.com**

If you pay via direct deposit please notify me either via SMS(0435814412), FB or send me an email at **support@vikingstrength.com**