

**ILLINOIS ULTIMATE STRENGTH SERIES**  
**Jakked Hardcore Gym Olde Time Strongman Challenge**  
**GOLD LEVEL**

(NORTH AMERICAN STRONGMAN Inc. MEMBERSHIP REQUIRED OF ALL CONTESTANTS)

**PROMOTER:** Daniel McCarron

**DATE/ TIME:** Saturday, January 30th, 2010. Start time: 11am

**WEIGH-INS:** Jakked Hardcore Gym, 1450 S. East River Rd, Montgomery, Il.  
Friday, January 29th, 11am to 9pm, Saturday, January 30th, 8am through 10:00am

**LOCATION:** Jakked Hardcore Gym (<http://jakkedhardcore.com>)

**Divisions:** Open LW (175,200), MW (231, 265), HW (300, UNL)  
Master's LW (231), Master's HW (232+)

**EVENTS: (Events may be subject to change without notice)**

- 1. THICK- DUMBBELL CLEAN AND PRESS (maximal weight)**
  - 2. PARTIAL SQUAT (Endurance Ladder)**
  - 3. AXLE DEADLIFT (Medley of 6)**
  - 4. "HERCULES HOLD" (timed)**
  - 5. SANDBAG LOAD (6 Sandbags, 48 to 54" platform)**
- See details below

**Awards:** Overall 1st through 3rd LW/MW/HW, Master's LW, Master's HW  
- 1st and 2nd in each class qualify for the NAS Inc. Nationals

**ENTRY FEE: \$40.00**      **ENTRY DEADLINE:** Must be received by January 16th, 2009

**Make Checks Payable to (non-refundable)**

**Daniel McCarron**  
Jakked Hardcore Gym c/o Daniel McCarron  
1450 S. East River Rd  
Montgomery, Il 60538  
630-862-6271  
[danimal.jakkedhardcore@gmail.com](mailto:danimal.jakkedhardcore@gmail.com)

**ENTRY FORM**

By entering this contest I realize that a Strongman Contest of this nature is a dangerous sport where serious injury and/or death may occur. In consideration of my entry, I hereby waive all claims for myself, my heirs, executors, administrators, and assigns against any/ all staff, officials, sponsors or organizations however remotely connected with the NORTH AMERICAN STRONGMAN Inc., Willie Wessels, Anthony Soucie, Illinois Strongman Association, Byron Hicks, Daniel McCarron, and Jakked Hardcore Gym which may occur while traveling to and from this contest and while participating in this contest. I further agree to hold harmless, waive and release rights (photo, name and likeness), for media (newspapers, TV, radio, and/ or magazines). I have carefully read this information and understand it. I thus affix my signature below.

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

**NAME:** \_\_\_\_\_ **AGE/ DOB:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_

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

**DIVISION:** \_\_\_\_\_ **WT CLASS:** \_\_\_\_\_ **SHIRT SIZE:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

(Parent or guardian signature required if contestant is under 18 years of age)

NORTH AMERICAN STRONGMAN Inc.

E-mail: [dione@nastrongmaninc.com](mailto:dione@nastrongmaninc.com) Website: [www.nastrongmaninc.com](http://www.nastrongmaninc.com) Forum: <http://members.boardhost.com/NAstrongman>

## EVENTS

\*the events in this competition are based on more traditional strongman events and are set up to cater to master's competitors and those more specialized in strength/power-based backgrounds, as well as athletes for whom the mobility requirements of a typical modern competition may dissuade them from entering. Split-times will be de-emphasized and movement will be kept to a minimum. Master's competitors and other such athletes are encouraged to sign up and welcome in this challenge.

\*\*equipment listed as NOT ALLOWED is based on what is relevant to the event and is by no means exhaustive.

### Thick-Dumbbell Clean and Press

Dumbbell with 2 3/8 or 2 1/2" handle, 24" long

Maximal weight, 3 attempts, Wessel's rule likely.

Ever-increasing bar. Be prepared to follow yourself.

No rule on clean technique, no rule on press technique, but press must be clearly one-handed.

One-hand snatch allowed.

### Partial-Squat medley

12" squat, monolift with chains 12" below top of monolift hooks will be used (instead of yoke).

Athlete will obtain rack height prior to start. Barbell must visibly rest partially on bottom of chains (no touch-and-go or bouncing off chains) for rep to count. Any stance allowed. "Good-morning" style allowed.

Weights will increase by 50 lbs until time limit expires or athlete can lift no more. Athlete must perform lift with every increment. 2-minute time limit expected, heaviest squat will be recorded.

LW Starting weight: 400; MW starting weight: 450; HW starting weight: 500

LW Masters: 350, HW Masters 400

Equipment allowed: Knee wraps OR sleeves, 3.5-meter limit on knee wraps, any manufacturer, ONE pair only, Wrist wraps, elbow sleeves/wraps, Belt

Equipment NOT allowed: Squat suits, supportive briefs, erector shirts

### Axle Deadlift Medley

6 Axles, unknurled, roughly 2" diameter each. Standard 9" deadlift height. Athlete will lift axles in order of ascending weight. Conventional deadlift stance required (i.e. Sumo stance forbidden) No split times will be taken, but 75-second time limit will be imposed. Athlete will wait for "down" signal before proceeding.

Weights

LW: 380,430,470,500,520,540 MW:410,460,500,530,550,570 HW: 440,490,530,560,580,600

Master's LW: 360,410,450,480,500,520 Master's HW: 380,430,470,500,520,540

Equipment allowed: Chalk, Wraps/Sleeves, Talcum Powder, Belt

Equipment NOT allowed: Lifting Hooks or Straps, Deadlift Suits, Erector Shirts, Stick sprays or tacky in hands (stick spray on bottom of feet ok), oil or petroleum gels (e.g. astro-glide) on legs

### Hercules Hold (timed)

Rolling-thunder handles (2" handle) set at shoulder height

LW:90/hand MW:100/hand HW:110/hand

Master's LW:90/hand Master's HW:90/hand

Equipment allowed: Chalk, Belt, wraps

Equipment NOT allowed: Anything else

### Sandbag Load\*\*

K2 "Bodybag" sandbags loaded to 54" platform

Split times will be taken

LW: 150,175,200,225,250,275 MW:175,200,225,250,275,300 HW: 175,200,225,250,275,300

LW Master's: 125,150,175,200,225,250 HW Master's: 150,175,200,225,250,275

Equipment allowed: Chalk, Wraps/sleeves, Belt ok, but buckle must be to the back, Forearm sleeves of any type

Equipment NOT allowed: Tacky or stick spray on body, Home-made built-up shoes, platform shoes with excessive height (judge's discretion).

\*\*Best overall performance in each division receives bonus award (Restaurant gift cards).