



# FarmStrong

April 13, 2019

Join us in raising funds to help with much needed improvements in our grounds equipment.

Triple R Ranch  
3531 Bunch Walnuts Rd  
Chesapeake, VA 23322  
757-421-4177  
Time: 9am

Weigh-In: Friday 8am-12am & 1pm-5pm  
Sat 7am-8am Rules: 8am  
(Weigh-In at Brute Strength or Triple R on Fri)  
(Weigh-In at Triple R only on Sat)  
Email: info@triplerranch.org

**Events:**

- Viking Press
- Vehicle Deadlift
- Tire Flip
- Log Section Carry and Load
- Tractor/Farm Vehicle Pull

**Divisions:**

- Womens Novice
- Womens Open LW <140/HW 140+
- Mens Novice
- Mens Open LW <231/HW 231+

(Events, equipment, and divisions subject to change)

Entry Fee \$50 must be post marked by Mar 30,2019. (no refunds)

Make checks out to Triple R Ranch (online registration and payment available) <https://triplerranch.org/>

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, and assignees, waive, and release all rights and damages I may have against the Triple R Ranch Inc., Brute Strength Gym Inc. and each and every event sponsor, for any and all injuries incurred by me in conjunction with this competition and in traveling to and from the event. And in further consideration of permission being granted to me to participate in the Triple R Ranch Strongman Competition and its related events, I hereby grant the Triple R Ranch, Brute Strength Gym Inc. and each and every event sponsor the right to photograph, record or otherwise reproduce my voice, spoken endorsements, appearance and name, and to exhibit, distribute and otherwise utilize any and all media including printed material, photographs, video, radio, television and other technology for merchandising, advertising and other publicity and the right to use my name and information about me in connection for the aforementioned purposes. The rights granted by me hereunder are granted to the aforementioned in perpetuity and no further compensation shall be payable to me at any time in connection therewith. Nothing contained herein shall be deemed to obligate the Triple R Ranch Inc., Brute Strength Gym Inc. and any event sponsor to photograph or otherwise reproduce my voice, appearance or name or to make use of any rights granted herein. I understand that the Triple R Ranch Inc., Brute Strength Gym Inc. and each and every event sponsor are photographing, videotaping and recording the event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights delineated in this release to Triple R Ranch Inc., Brute Strength Gym Inc. and each and every event sponsor hereunder. Therefore, I affix my signature below:

Name: \_\_\_\_\_ DOB \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Phone: \_\_\_\_\_  
Division: \_\_\_\_\_ Weight Class: \_\_\_\_\_ Tee Shirtsize \_\_\_\_\_  
Signature: \_\_\_\_\_

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

**Viking Press:** 60 seconds. Can be pressed, push pressed, push jerk or split jerk overhead to lockout. Athlete must wait for “good” command before returning to floor under control. (No dropping) Hands must stay in contact with implement. Lockout overhead with arms straight, head through, and feet parallel and stationary. Any anatomical limitations preventing lockout must be demonstrated to the judge prior to start of lift. Equipment allowed: belt, chalk, wrist wraps, elbow sleeves. Equipment NOT allowed: tacky or similar products

**Vehicle Deadlift:** 60 seconds. The athlete will complete as many reps as possible using the front bumper or grill guard of the appropriately sized vehicle. Athlete must wait for the judge’s signal before lowering the vehicle to receive and good lift and start the next repetition. Equipment allowed: belt, chalk, straps, wrist wraps, elbow and knee sleeves. Equipment NOT Allowed: tacky or similar products, deadlift suits or hooks

**Tire Flip:** 60 seconds. The athlete will have flip three consecutively heavier tires. Equipment Allowed: belt, chalk, wrist wraps, elbow and knee sleeves. Equipment NOT allowed: tacky or similar products

**Log Section Carry and Load:** The athlete will pick up consecutively heavier log sections at consecutively shorter distances one at a time, carry them to the staged hay trailer, and load them on the hay trailer. No throwing, slamming, or rolling of log sections is allowed. Equipment Allowed: belt, chalk, wrist wraps, forearm sleeves, elbow and knee sleeves. Equipment NOT allowed: tacky or similar products

**Tractor/Farm Vehicle Pull:** The athlete will pull the vehicle via harness across the field from the start to the finish line 50’ away in the shortest time. A tractor or a truck will be used to reset if a hay trailer is used for the event. The vehicle front will be at the start line and the time stops when the vehicle front crosses the finish line. Equipment allowed: belt, chalk, wrist wraps, elbow sleeves, running, rock shoes or similar type of footwear. Equipment NOT Allowed: tacky or similar products, cleats or foot spikes of any kind.

	Farm Vehicle Pull*	Viking Press	Vehicle Deadlift*	Tire Flip	Log Section Carry and Load
Women Novice Womens Open LW <140	2800	80	260	148,217,332	50,75,100
Womens Open HW 140+	3400	120	392	217,332,355	75,100,125
Mens Novice Mens Open LW <231	4900	200	400	355,542,619	150,175,200
Mens Open HW 231+	5500	300	520	542,619,661	200,225,250

\*Weights are estimated based on vehicle specifications

(To complete in Novice division, the athlete must not have completed in Open or won a competition in Novice division)