

**The 7th Annual Charm City Strongwoman Contest
2018**

DATE: Sunday, September 16, 2018

WEIGH IN: Saturday, September 15 from 10am – 2pm
Sunday, September 16 from 8am – 9am

RULES: 9am

CONTEST STARTS: 9:30am

Location:

Fivex3 Training
1400 Aliceanna Street
Baltimore, MD 21231

Divisions: This is an UNSANCTIONED meet.

Lightweight Novice: 140 and under

Middleweight Novice: 140.1 -185

Heavyweight Novice: 185.1 and over

Lightweight Open: 140 and under

Middleweight Open: 140.1 – 185

Heavyweight Open: 185.1 and over

MA Middleweight: 155 and under

MA Heavyweight: 155.1 and over

Masters: Women over 40 years of age. Must be 40 years of age by September 16, 2018.

All athletes must wear the competition shirt throughout the competition. Belts, knee sleeves, wrist wraps are allowed for any event. Chalk allowed for all events.

2018 Events

(These weights below are guidelines and are subject to change.)

1st Event: Weight for Distance

Each contestant has 60 seconds to throw a sandbag for distance. The throw can be two handed. Run-up to the line is allowed but spinning is not allowed.

All Divisions: A 40lb sandbag will be used for all divisions.

2nd Event: Deadlift for Max Reps

Each competitor has 60 seconds to pull as many reps as possible with their set weight. Straps are allowed. Bouncing weights is NOT allowed.

LWN: 205lbs

MWN: 245lbs

HWN: 275lbs

LWO/MA: 245lbs

MWO: 275lbs

HWO: 315lbs

3rd Event: Press Medley: Barbell x 2 reps, Axle x 1 rep, Log x AMRAP

Each competitor will clean and press each implement for the given number of reps in a maximum of 60 seconds. Chalk is allowed. Belts are allowed.

LWN: 85lbs

MWN: 100lbs

HWN: 115lbs

LWO/MA: 100lbs

MWO: 115lbs

HWO: 135lbs

4th Event: Rolling Thunder Hold

Each competitor will hold the implement in one hand for time. Tacky is not allowed. Straps are not allowed.

LWN: TBD

MWN: TBD

HWN: TBD

LWO/MA: TBD

MWO: TBD

HWO: TBD

5th Event: Carry Medley: Duck walk, Keg carry, Sandbag carry

Each competitor will have 75 seconds duck walk 50 feet with weight, carry the keg and then the sandbag.

LWN: 150lb duck walk, 90lb keg, 90lb sandbag

MW: 185lb duck walk, 100lb keg, 100lb sandbag

HWN: 205lb duck walk, 125lb keg, 125lb sandbag

LWO/MA: 185lb duck walk, 100lb keg, 100lb sandbag

MWO: 205lb duck walk, 125lb keg, 125lb sandbag

HWO: 225lb duck walk, 150lb keg, 150lb sandbag

ENTRY FEE: \$55 online registration

Please register online through Pay Pal. Please make sure to print out the registration form and mail it in. Everyone will need to sign a waiver the day of the contest.

DEADLINE: Applications will be accepted up until August 31, 2018. In order to receive a t-shirt, all applications must be in by August 17, 2018.

Awards will be given to the winner of each division: 1st, 2nd and 3rd.

All proceeds benefit the [Ulman Cancer Fund for Young Adults](#) for prevention and research. Each contestant will also have the option to create a First Giving Page and help raise money for the Ulman Cancer Fund. More information about this to come.

Please contact Emily Socolinsky at emily@fivex3.com for details.

Registration Form
The 2018 Charm City Strongwoman Contest

I understand that physical exercise can be strenuous and subject to risk of serious injury. I understand and am aware that physical fitness activities, including the use of equipment, are potentially hazardous activities. I am aware that participating in these types of activities, even when completed properly, can be dangerous. I am aware of the potential risks associated with these types of activities.

In consideration of your acceptance of this registration, I hereby, for myself, my heirs, executors and administrators, and my assignees, waive and release all rights and damages I may have against FiveX3 Training, LLC, Baltimore MD and all sponsors of the event, volunteers, associate staff, and their representatives and assignees, for any and all injuries incurred by me in conjunction with this workshop and in traveling to and from the event. I expressly agree to release and discharge Fivex3 Training LLC from any and all claims or causes of action, and I agree to voluntarily give up or waive any right that I may have otherwise have to bring a legal action against Fivex3 Training LLC for personal injury.

By signing this release, I acknowledge that I understand it content and that this release cannot be modified orally. I represent and warrant that I am signing this agreement freely and willingly and not under fraud or duress.

NAME: _____

AGE: _____

DATE OF BIRTH: _____ / _____ / _____

ADDRESS: _____

CITY, STATE, ZIP: _____

PHONE: _____ - _____ - _____

EMAIL: _____

SIGNATURE: _____

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

GROUP DIVISION: *LW Novice* *MW Novice* *HW Novice*
 LW Open *MW Open* *HW Open*
 MW Masters *HW Masters*

T-SHIRT SIZE: Small Medium Large X-Large XX Large XXX Large

Mail registration form to: Emily Socolinsky
609 South Kenwood Avenue
Baltimore, MD 21224