

NORTH AMERICAN HIGHLANDER ASSOCIATION  
AND  
BRAVEHEART STRENGTH SYSTEMS  
PRESENT

# Le Highlander de la Louisiane

(North American Highlander Association, Inc. Membership Required of all Competitors)

PROMOTER: JOHN TABARLET  
DATE: DECEMBER 5, 2009  
TIME: 10:00 AM  
LOCATION: AC STEERE PARK  
4009 YOUREE DRIVE SHREVEPORT, LA 71105  
WEIGH-INS: FRIDAY 6PM TO 8PM BRAVEHEART STRENGTH SYSTEMS  
6560 YOUREE DRIVE SUITE 1006  
SHREVEPORT, LA 71105

SATURDAY 8:30AM TO 9:30AM EVENT FIELD

RULES: 9:30AM

DIVISIONS: LW(200 and below), MW(201lb.-250lb.), HW(251lb. and above),  
Master (Age 40 and above), Women,  
High School Lightweight (180 and below),  
High School Heavyweight (181 and above)  
Masters and High School athletes-bring Driver's license or school ID  
HIGH SCHOOL DIVISION WINNERS WILL QUALIFY FOR NAHA NATIONALS UNDER THE  
RESPECTIVE NAHA DIVISION, AS NO HIGH SCHOOL DIVISION IS OFFERED

Events in order of games competition

1. Farmers Walk 80'- hslw 175#, lw, master 200#, mw, hshw 225#, hw 250#, women 100#
2. Braemar Stone – master, hslw, hshw, lw, mw, hw 24#, women 16#
3. 2" Axle Deadlift/Reps – lw, mw, hw, master, hshw 323#, hslw 215#, women 185#
4. Open Stone – lw, mw, hw, master 100#, hslw, hshw 50#, women 24#
5. Carry + Drag -Carry-hslw 80-120#, lw, master, hshw 80-150#, mw 115-250#, hw 140-250#  
women 50-100# Drag-hslw 150#, lw, master, hshw 200#, mw 250#, hw 300#, women 100#
6. Hammer Throw – lw, master, hslw, hshw 16#, mw, hw 22# women 12#

Events subject to change without notice - (Event Details Below)

AWARDS: Custom Awards for 1<sup>st</sup> - 3<sup>rd</sup> in each division  
ENTRY FEES: \$35 (Includes registration and T-shirt)  
NAHA cards available at contest for \$25  
ENTRY DEADLINE: Must be Postmarked by November 27, 2009

MAKE ALL CHECKS OR  
MONEY ORDERS PAYABLE TO:

**John Tabarlet**  
**Braveheart Strength Systems**  
**6560 Youree Drive Suite 1006**  
**Shreveport LA 71105**  
**www.braveheartstrength.com**  
**braveheartstrength@yahoo.com**  
**318-210-5622**

**ENTRY FORM**

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 Le Highlander de la Louisiane, Braveheart Strength Systems, Shreveport Public Assembly and Recreation (SPAR), The City of Shreveport Louisiana, John Tabarlet, D.J. Satterfield, Richard Vincent, North American Highlander Association, Inc., 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. And in further consideration of permission being granted to me to participate in Le Highlander de la Louisiane and its related events, I hereby grant **North American Highlander Association, Inc.** and/or any other approved video or entertainment organization and all of their agents, successors, licensees and assigns, the right to photograph or otherwise reproduce (whether by film, tape, still photography or otherwise) my voice, appearance and name, and to exhibit, distribute, transmit, and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing or any other medium now known or hereafter devised, including with respect also to any merchandising, advertising and/or publicity, and the right to use my name and information about me in any connection with any of the foregoing. The rights granted by me hereunder are granted for the entire universe and shall endure in perpetuity and no further compensation shall be payable to me at anytime in connection therewith. Nothing contained herein shall be deemed to obligate **North American Highlander Association, Inc.** and/or any other approved video or entertainment organization, to photograph or otherwise reproduce my voice, appearance or name, or to make use of any rights granted herein. I also understand that the aforementioned rights may be reassigned at any time without further consent. I understand that **North American Highlander Association, Inc.** and/or any other approved video or entertainment organization, are videotaping and photographing the Event in express reliance upon the foregoing, and I represent and agree that I am free to grant the rights granted to **North American Highlander Association, Inc.** and/or any other approved video or entertainment organization hereunder. Therefore I affix my signature below:

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_

**STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

**DIVISION:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_ **HT:** \_\_\_\_\_

**T-SHIRT:** S M L XL 2X 3X **KILT TARTAN:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_  
(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

NORTH AMERICAN HIGHLANDER ASSOCIATION, INC.  
[WWW.NAHIGHLANDER.COM](http://WWW.NAHIGHLANDER.COM)

## EVENTS AND RULES LISTED IN ORDER OF COMPETITION

### **FARMERS CARRY 80'**

Competitors will have 60 sec. to carry the farmers 80' on a straight course. Both implements must completely cross the finish line. Multiple drops allowed. Fastest time wins. If the course is not finished, a measurement will be taken for your score. Chalk only is allowed on the hands.

HSLW	175#
LW, MASTER	200#
MW, HSHW	225#
HW	250#
WOMEN	100#

### **BRAEMAR STONE**

Competitor will get three attempts to put the stone. The farthest throw will be scored.

LW, MW, HW, MASTER, HSLW, HSHW	24#
WOMEN	16#

### **2 INCH AXLE DEADLIFT FOR REPS**

Competitors will have 60 sec. to complete as many reps as possible. Each rep must be locked out, knees and shoulders straight, to receive the down call and have the rep counted. Chalk only is allowed on the hands. Hitching is allowed but NO straps, suits, sumo or baby powder are allowed. Bar cannot be dropped at any time and must be lowered under control.

LW, MW, HW, MASTER, HSHW	323#
HSLW	215#
WOMEN	185#

### **OPEN STONE**

Competitor will get three attempts to put the stone. The farthest put will be scored.

LW, MW, HW, MASTER	100#
HSLW, HSHW	50#
WOMEN	24#

### **CARRY AND DRAG**

Competitors will have 3 minutes to carry four implements 50' and drag an anchor chain 50'. Must sprint 50' to retrieve first implement and bring it back to start line and repeat until all implements are at the start line. Must then drag the anchor chain 50' to the other end. Lifter is judged on total time start to finish. At the end of 3 minutes, lifter is judged by time split on the last completed implement and any distance covered with the first incomplete implement. Chalk only is allowed on the hands. Implements will include an anvil, Thomas Inch DB, steel sphere, sandbag, field stone, fire hydrant, and several kegs, regular DB's, and a few surprises at the weight range listed below.

HSLW	Carry 80 to 120#	Drag 150#
LW, MASTER, HSHW	Carry 80 to 150#	Drag 200#
MW	Carry 115 to 250#	Drag 250#
HW	Carry 140 to 250#	Drag 300#
WOMEN	Carry 50 to 120#	Drag 100#

### **SCOTTISH HAMMER THROW**

Competitor will get three attempts to throw the hammer. The farthest throw will be scored. Hammer boots, gloves, chalk, resin or tacky are allowed.

LW, MASTER, HSLW, HSHW	16#
MW, HW	22#
WOMEN	12#