

# 2010 DINO GYM HIGHLANDER

(North American Highlander Association, Inc. Membership Required of all Competitors)  
(Membership Cards may be purchased at contest)

PROMOTER: NAME Scott Tully, Al Myers, Dino Gym  
DATE: DATE SEPTEMBER 18<sup>TH</sup>, 2010  
TIME: TIME 12 noon  
LOCATION: NAME OF VENUE DINO GYM, HOLLAND KS/ABILENE FOR MAPQUEST

ADDRESS 1126 Eden Rd  
Abilene, Kansas 67410-6652

WEIGH-INS: TIME 11 AM

RULES: TIME 11:30

DIVISIONS: LW(200 AND BELOW), MW(201 LB.-250 LB.), HW(251 LB. AND ABOVE), MASTER,

## EVENTS:

1. PRESS MEDLEY -4-5 VARIOUS ITEMS ANVILS, KEGS, AXLE, LOG, BLOCK
2. LIGHT HAMMER-16LB FOR ALL CLASSES
3. FINGAL FINGERS-1<sup>ST</sup> 3 FOR MASTERS, LW, ALL 4 FOR MW AND HW
4. LW FOR DISTANCE - LW, MW, HW, MASTER 28#
5. POWER STAIRS 200-250-300 FOR LW MASTERS, 250-300-350 FOR MW, HW
6. WEIGHT FOR HEIGHT - LW, MASTER 42#, MW, HW 56#

EVENTS SUBJECT TO CHANGE WITHOUT NOTICE - (EVENT DETAILS BELOW)

AWARDS: AWARDS FOR 1<sup>ST</sup>-3<sup>RD</sup> IN EACH DIVISION  
ENTRY FEES: \$10, FREE IF YOU NEED TO BUY YOUR NAHA CARD  
ENTRY DEADLINE: Entries up to the day of the comp

MAKE ALL CHECKS PAYABLE TO: SCOTT TULLY  
1404 SOUTH NINTH STREET  
SALINA, KS 67401  
[SCOTT@DINOSTRENGTH.NET](mailto:SCOTT@DINOSTRENGTH.NET), 785-826-5940

You can also paypal the entry fee to [BSOLYMPIC@YAHOO.COM](mailto:BSOLYMPIC@YAHOO.COM) put in the comments that is for Dino Gym NAHA comp.

## 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 the **Dino Gym Highlander**, 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 the **Dino Gym Highlander** 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: \_\_\_\_\_

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:

**Pressing Medley**-4-5 Items Including Logs, kegs, Anvils, Axles, DB and Blocks-each Item must be cleaned from the Floor and pressed overhead using a press, push press, or jerk. The competitor must wait for the down command before moving on to the next item-LW/Masters 85lb Giant DB, 150 Anvil, 160lb Keg, 200 Axle, 210 log, MW 105LB DB, 150al anvil, 170lb block, 220 axle, 220 log, Heavyweight 125lb DB, 190lb Anvil, 200lb keg, 240lb axle, 240lb log-90 seconds

**Light Hammer**-16lb Hammer, all competitors will get 3 throws on the hammer, longest distance will be scored.

### **Fingal Fingers**

Each Finger will start on a tire and competitor must lift up and walk the implement till its secured in the upright position against the guard. Masters, LW 240-350, MW and HW 240-400

### **WEIGHT FOR DISTANCE**

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

LW, MW, HW, MASTER 28#

### **Power Stairs**

Each Competitor will take 3 implements up 3 stairs each, must be done from lightest to heaviest, and each implement must be fully secured on the top stair- 60 seconds, Masters/LW 200-250-300, MW/HW 250, 300, 350

### **WEIGHT FOR HEIGHT**

Competitor will get three attempts at each height attempted to throw the implement over the bar. The highest throw over the bar will be scored.

LW, MW, HW, MASTER 56#

\*In the event of a tie competitors will do a farmers hold for time head to head weights will 220 masters/LW, 250 MW, 270 HW