

# JWC HIGHLANDER MISSOURI STATE CHAMPIONSHIPS

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

**PROMOTER:** THOM VAN VLECK

**DATE:** MARCH 27, 2010

**TIME:** HIGH NOON 12PM.

**LOCATION:** FAITH LUTHERAN CHURCH 1810 S. BALTIMORE ST. KIRKSVILLE, MO 63501

**WEIGHINS:** FRI. 6 P.M.-8 P.M (BY APPT.) AND SAT. 10:00 A.M.-NOON

**RULES:** 11:30 A.M.

**DIVISIONS:** LW(200 AND BELOW), MW(201LB.-250LB.), HW(251LB. AND ABOVE), MASTER (40 &UP), WOMEN

## **EVENTS:**

1. ANVIL FOR HEIGHT THROW A 50LB ANVIL OVER A CROSS BAR FOR HEIGHT
2. JACKSON STONES – THREE STONES FOR BEST TIME (SUITABLE STONES FOR EACH CLASS)
3. ANVIL LIFT – ANVILS UP TO 300LBS CARRY AND LOAD (SUITABLE FOR EACH CLASS)
4. HEAVY WEIGHT FOR DISTANCE – 56LBS FOR MEN, 42LBS FOR MASTERS, 28LBS WOMEN
5. SCOTTISH HAMMER- MEN & MASTERS 22LB, WOMEN 16LB
6. BRAEMAR STONE PUT-22LB STONE MEN, 16LB STONE WOMEN

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

**EXTRA EVENTS:** EXTRA HIGHLAND GAMES EVENTS (WEIGHT OVER BAR, LIGHT WEIGHT FOR DISTANCE LIGHT HAMMER, AND OPEN STONE) WILL BE CONTESTED AS EXTRA EVENTS SO THAT THROWS CAN BE COUNTED ON THE NASGA DATABASE BUT WILL **NOT** COUNT IN THE OVERALL OF THE CONTEST AND WILL BE DONE AFTER THE MEET IS COMPLETED.

**AWARDS:** CUSTOM AWARDS FOR 1<sup>ST</sup>- 3<sup>RD</sup> IN EACH DIVISION

**ENTRY FEES:** \$25 BEFORE DEADLINE, \$35 AFTER (FIELD ENTRIES ACCEPTED)

**ENTRY DEADLINE:** MARCH 15, 2010 TO GUARANTEE SPOT, SHIRT, AND AWARD. FIELD ENTRIES ACCEPTED IF ROOM

**MAKE ALL CHECKS PAYABLE TO: JACKSON WEIGHTLIFTING CLUB OR JWC**

23958 MORGAN ROAD

GREENTOP, MO 63546

EMAIL/PHONE NUMBER: [TVANVLECK@YAHOO.COM](mailto:TVANVLECK@YAHOO.COM) /PHONE: 660 341 1755

## **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 JWC Highlander, Thom Van Vleck 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 JWC 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 CLAS:** \_\_\_\_\_

**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:**

### **ANVIL FOR HEIGHT (STRONGMAN EVENT)**

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

Men 55lb

WOMEN 22lb

### **SCOTTISH HAMMER THROW (HIGHLAND GAMES EVENT)**

Competitor will get three attempts to throw the hammer for distance in accordance with Scottish Hammer throw rules. Farthest throw wins.

LW, MW, HW, MASTER 22lb hammer

WOMEN 16lb hammer

### **JACKSON STONES (STRONGMAN EVENT)**

Three stones will be lifted onto barrels. Most stone lifted in the shortest amount of time wins.

Three traditional Jackson Stones (approx. weight 228lbs, 290lbs, 310lbs)

Other stones will be substituted for suitable weights for LW, Women, and Masters

### **ANVIL LIFT AND CARRY (STRONGMAN EVENT)**

Three Anvils lifted and loaded on a platform for time

### **HEAVY WEIGHT FOR DISTANCE (HIGHLAND GAMES EVENT)**

Throw a weight with a ring and chain attached for distance with one hand, three attempts, best throw counts.

Men 56lb

Master 42lb

Women 28lb

### **BRAEMAR STONE (HIGHLAND GAMES EVENT)**

22lb Stone Put from the standing position, three attempts, best throw counts.

LW, MW, HW, MASTER 22lb Stone

Women 16lb Stone