

**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:** March 6, 2010 (Rain Date is March 20. Everyone entered will be contacted on March 4 in the event of bad weather.)
- TIME:** 9:00 AM
- LOCATION:** Stoner Avenue Marina 857 E. Stoner Ave. Shreveport, LA 71101
Clyde Fant Parkway at Stoner Avenue on the Red River
- REGISTRATION/
WEIGH-INS** FRIDAY 5PM TO 8PM BRAVEHEART STRENGTH SYSTEMS
6560 YOUREE DRIVE SUITE 1006
SHREVEPORT, LA 71105
- SATURDAY 8:00AM TO 8:30AM EVENT FIELD
PLEASE WEIGH-IN/REGISTER ON FRIDAY NIGHT IF AT ALL POSSIBLE
- RULES:** 8:30AM
- 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
1. Farmers Walk 80'- hslw 175#, lw, master , hshw 200#, mw 225#, hw 250#, women 100#
 2. Braemar Stone - master, hslw, hshw , lw, mw, hw 24#, women 16#
 3. 2" Axle Deadlift/Reps -hw 423# lw, mw, hw, master, hshw 323#, hslw 223#, women 175#
 4. Open Stone - lw, mw, hw, master , hslw, hshw 100#, women 40#
 5. Carry + Drag -CARRY-hslw, hshw, lw, master 115-140#, mw 140-180#, hw 140-250#
women 80-115# DRAG-hslw, hshw, lw, master 200#, mw 250#, hw 300#, women 150#
 6. Heavy Weight for Distance - lw, master, hslw, hshw 42#, mw, hw 56# women 28#
Events subject to change without notice - (Event Details Below)
- AWARDS:** Custom Awards for 1st - 3rd in each division. Awards for 1st-3rd teams.
- ENTRY FEES:** \$35 by the deadline, \$50 after deadline or on the field
(On the field entries must be in cash and subject to space available)
NAHA cards available at contest for \$25
- ENTRY DEADLINE:** MUST BE POSTMARKED BY FEBRUARY 20, 2010
This event will be limited to the first 40 entries received.
Entry list will be updated twice a week on
www.braveheartstrength.com

**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 (The Louisiana Highlander), all workers and volunteers of Le Highlander de la Louisiane (The Louisiana Highlander), 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)

EVENTS AND RULES

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, HSHW	200#
MW	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.

HW	423#
LW, MW, MASTER, HSHW	323#
HSLW	223#
WOMEN	185#

OPEN STONE

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

LW, MW, HW, MASTER, HSLW, HSHW	100#
WOMEN	40#

CARRY AND DRAG

Competitors will have 90 seconds to carry three 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 90 seconds, 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 a steel sphere, fire hydrant, and several kegs at the weight range listed below.

LW, MASTER, HSLW, HSHW	Carry 115 to 140#	Drag 200#
MW	Carry 140 to 180#	Drag 250#
HW	Carry 140 to 250#	Drag 300#
WOMEN	Carry 80 to 115#	Drag 150#

HEAVY WEIGHT FOR DISTANCE

Competitor will get three attempts to throw the weight. The farthest throw will be scored. Gloves, chalk, resin or tacky are allowed.

LW, MASTER, HSLW, HSHW	42#
MW, HW	56#
WOMEN	28#

TEAM ENTRY FORM

Name of Team _____

Name and signature of coach or sponsoring athlete _____

Athletes on Team

Athlete Name Printed	Athlete Signature Parent's Signature also if athlete Is under 18 years of age	Division Entered
1 _____	_____	_____
2 _____	_____	_____
3 _____	_____	_____
4 _____	_____	_____
5 _____	_____	_____
6 _____	_____	_____
7 _____	_____	_____
8 _____	_____	_____

Teams may consist of 2 to 8 athletes and each individual athlete may be entered in ANY of the individual divisions. ALL team members must be entered in, and complete, the entire individual contest to be eligible to score points for the team. If an athlete is entered in multiple divisions, he may only score points for his team in ONE of the divisions he entered (he must list that division on the team entry form). No athletes name may appear on the roster of more than one team.

Team points will be awarded as follows: 1st place in individual division=12 team points, 2nd place in individual division=9 team points, 3rd place in individual division=8 team points, 4th place in individual division=7 team points and 5th place in individual division=6 team points.