

# 2011 Old Time Strongman National Championships

**Date:** October 16, 2011

**Time:** 10:00am (Weigh-ins from 9 to 10)

**Location:** Jackson Weightlifting Club  
23958 Morgan Road  
Greentop, MO 635456

**No entry deadline.** Weigh-ins will be just after midnight on October 15<sup>th</sup> OR before meet time. Must be a current USAWA member to be eligible for competition. USAWA Memberships will be available on meet day.

**Entry Fee:** \$25 (If you compete in both the Highland Games on the 15<sup>th</sup> and the Old time Strongman Nationals, a special entry price of \$40 applies for both events, \$50 value).

**Lifts contested:** Anderson Squat, Anderson Press, Dinnie Lift, 1904 Dumbbell Shoulder.

**USAWA rules apply. Awards, long sleeve t-shirts, lunch, drinks provided!**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

I understand that I may be asked to take a drug test at the event, and I am willing to present myself to the testing officer if so required.

I understand that I take part in the competition at my own risk, and I have no form of claim on the Jackson Weightlifting Club or the USAWA.

Signed \_\_\_\_\_ Date \_\_\_\_\_

(If under 18 a Signature is needed of a Parent or Guardian \_\_\_\_\_ AND the Parent or Guardian must be present on meet day)

**THIS EVENT WILL BE DRUG TESTED**

# Rules of the Lifts:

**Dinnie Lift:** Two weight loadable Vertical Bars with ring handles are used. The max height from the floor to the top of the rings is 21 inches. One bar must not exceed 75% of the other. Any style lifting may be used. The lift ends when the lifter is upright and motionless. The bars may be at the side or straddled. Time limit of 1 minute is given for each attempt meaning the lifter may reset as many times as necessary to complete the lift. An official will give a command to end the lift. Lifting straps are not permitted.

**Anderson Squat:** Squat (with a standard Olympic bar) done from a dead stop from a height not over two thirds the height of the lifter. Squat is completed when the knees are locked and the lifter is standing erect. Time limit of 1 minute is given for each attempt meaning the lifter may reset as many times as necessary to complete the lift. Knee wraps or knee sleeves will be allowed. An official will give a command to end the lift.

**Anderson Press:** Press (with a standard Olympic bar) will be done from a dead stop position in the power rack from a height no greater than the height of the lifter when standing erect. Lifter may “bow” back to press the weight but must keep knees locked. The lift ends when the lifter is upright, arms locked, and demonstrates control of the weight. The lifter may press in an uneven manner and unlock unevenly. It is not a disqualification if the bar is lowered during the press, and afterwards the press resumes. The feet are not allowed to move. However, the lifter may raise the heels or toes during the press. Time limit of 1 minute is given for each attempt meaning the lifter may reset as many times as necessary to complete the lift. An official will give a command to end the lift.

**1904 Dumbbell Shoulder:** A Dumbbell will be taken from the floor to the shoulder using any method the lifter wants to employ. The dumbbell may be lifted with two hands, continental style, may be rested on the belt during the lift, by any part of the dumbbell. Hands may grip the plates, bar, collars or any part of the dumbbell. Any size plate may be loaded onto the dumbbell. The lift is completed when the lifter is standing upright, with the dumbbell resting on the shoulder, and the lifter demonstrating control. Both hands may remain on the dumbbell to complete the lift, or with one hand or both hands off the dumbbell. Time limit of 1 minute is given to complete the lift. An official will give a command to end the lift.

