



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRE-REGISTRATION DEADLINE:

MARCH 23, 2020

Register online: athensymca.org

ATHENS YMCA

5th Annual Maximus Y Strongman Competition In Honor of Dango Nguyen

4.11.20 @ 8am

EVENTS:

Axle clean & press /log clean & press
Car deadlift (women, teens) wagon
wheel deadlift (masters)

Deadlift Medley (men) axle,
barbell, 18" tire

Duck Walk/sand bag medley

Truck push (women, teens)

Sled Push (Super masters)

Fire Truck pull (men-arm over arm)

SHIRT

- * Pre-registration \$60
- * Teens \$25
- * Registration after March 23RD \$65
(no shirt guaranteed)
- * Same-day registration (no shirt): \$65
- * Teens \$25

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

BIRTHDAY _____ AGE _____ GENDER _____

DIVISION _____ WEIGHT CLASS _____ HEIGHT _____

T-SHIRT SIZE: AS, AM, AL, XL, XXL, XXXL

Please sign the WAIVER on the back of the form

Weight Divisions Light Weight, Medium Weight, Heavy Weight)

**Men Division will be weighed-in the morning of
the event**

Men's LW (up to 180 lbs)

MW (181-220 lbs)

HW (221-275 lbs) SH (276+ lbs)

Women's LW (up to 135 lbs)

MW (136-165 lbs) HW (166+ lbs)

Teen Boys and Girls Ages 15-18

Masters Ages 45-59 Super Masters Ages
60+

Contact Information

Orlando Maximus Green
706-614-9738

Elyse Giles
Athens YMCA Wellness Director
706-543-6596
elyse@athensymca.org

Event Information

- **Axle clean & press (women, teen girls) log clean & press (men, teen boys)
60sec max reps, clean first and press away**
- **Car deadlift (women, teens) wagon wheel (masters) 60sec for max. reps**
- **Deadlift Medley: axle, barbell, 18" tire (men) first 2 deadlifts pull once, last
pull is for the remainder of the 60 secs.**
- **Duck Walk/sand bag medley 50 ft down 50 ft back**
- **Truck push (women, teens) sled push (super masters) Fire Truck pull (men-
arm over arm)**
- **Sand Bag Over Bar (women, teens, masters)/Stone to platform load max
reps/60 sec. (men)**

Competition will be held weather permitting

WAIVER/RELEASE: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release, any and all rights and claims for damages I may have against the Athens YMCA or their sponsors, officials, workers, their representatives, successors, assigns, for any and all injuries suffered by me in this event, including pre-race activities. I attest and verify that I am physically fit and sufficiently trained for this event. Further, I hereby grant full permission to above sponsors to use my photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

SIGNATURE _____ DATE _____

(IF UNDER 18, PARENT/GUARDIAN MUST SIGN)

IF UNDER 16, PARENT/GUARDIAN MUST BE PRESENT AT COMPETITION

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