

SD State Fair Strongest Man Competition Information and Rules

Sponsored by: Moeding Custom Rails, Moeding Carpentry, Meyer Modernizing, Ludemann Fencing, Home Run Insurance Agency, Larson Cable Trailers

1. Must be 18 years or older to participate.
2. No wrist straps can be used.
3. Wrist and/or knee wraps or pads are allowed.
4. Gloves are allowed.
5. No body suits can be used.
6. Contestant must weigh in immediately before competing.
7. In order to compete, competitor must have entry fee paid.
8. Contestant will be given a score sheet. Give the score sheet to each official at each event. It will be filled out once the event has been completed.
9. All courses must be completed once they have been started. The competitor cannot leave and come back later to finish another course.
10. A point system will be used to determine the place winners.
11. In the event of a tie, equal points will be awarded for whatever position the competitors are tied in.
12. The SD State Fair Strongest Man Competition will consist of six events.
 - a. Farmer's Walk: This is a timed event. The competitor will have a maximum of two minutes to finish a 100 foot course. If the competitor cannot finish, the distance will be measured. The competitor can drop the device and pick it back up to complete the course. The front of the device will stop the time at the finish line.
 - b. Stone Carry: There is no time factor in this event. Carry the rock as long as possible around the 50 foot marker, back and forth until it is dropped. The distance will be measured.
 - c. Overhead Lift: This is a timed event. The competitor will have one minute to see how many overhead lifts can be done.
 - d. Tire Flip: This is a timed event. The competitor will have a maximum of two minutes to finish a 100 ft. course. The object is to flip a tractor tire over and over until the course is finished. If the competitor cannot finish, the distance will be measured. The tire must be completely over the finish line to stop time.
 - e. Farmer's Hold: This is a timed event. The competitor will hold the devices as long as possible.
 - f. Bench Press: There is no time factor in this event. The competitor will complete as many reps as possible.
13. There is a \$20.00 entry fee to compete. Please send check or cash in along with entry form. It can be sent to: SD State Fair, 890 3rd St. SW, Huron, SD 57350. Make checks payable to: South Dakota State Fair.
14. If contestants register prior to Friday, August 27, one SD State Fair gate admission valid for their competition day will be sent out. If contestants register after Friday, August 27, they will need to pay the gate admission to get onto the grounds and compete.
15. There are a limited number of contestant slots.
16. In the event of a tie, a tie breaker event will be the farmers walk devices being held for the longest amount of time.

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Sunday, September 4 – 1:00 pm – South of Carnival
Contestants' names will also be put into drawing for prizes.

1st place – 50% of jackpot

2nd place – 30% of jackpot

3rd place – 20% jackpot

* The entry fees comprise the jackpot.

* Possible added money

Name: _____

Mailing Address: _____

Home Phone #: _____ Cell Phone #: _____

Weight: _____

*Weight classes pending.

T-Shirt Size (check one): XL XXL Other _____

Participant Waiver of Liability: As a participant in the 2011 South Dakota State Fair Strongest Man Competition, I the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns, voluntarily assume any and all risks associated with or connected to participation in the Competition. I further waive and release any and all rights for claims, damages, harm, or injuries to my person or property that may occur or arise against South Dakota State Fair, the South Dakota Department of Agriculture, and/or the State of South Dakota, including all employees, agents, successors or assigns of the aforementioned entities, as a result of, or in connection with, participation in this event. I further grant permission to South Dakota State Fair and/or agents authorized by them, to use any photographs, videotapes or any other record of this event that may include photographs of me or my name for legitimate purposes to promote the South Dakota State Fair. I have read this release and I fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and voluntarily without any inducement, assurance, or guarantee being made to me and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Contestant Signature _____

Date of Signature _____

Please send \$20.00 entry fee and application to:
SD State Fair, 890 3rd St. SW, Huron, SD 57350.
Checks can be made payable to: "SD State Fair"