



SOUTH DAKOTA DEPARTMENT OF AGRICULTURE

STATE FAIR PARK DIVISION

1060 3RD St. SW

Huron, SD 57350

Phone: 605.353.7340 Fax: 605.353.7348

sdstatefair.com



SD State Fair Strongman Competition

Sponsors: Larson Cable Trailers | Pro PT | Mack Metal | Lehman Tree Service

Saturday, September 1 – 2:30 pm – West of Dakotaland Museum

1st place – 50% of jackpot

2nd place – 30% of jackpot

3rd place – 20% jackpot

* The entry fees comprise the jackpot.

* added money

Name: _____

Mailing Address: _____

Cell Phone #: _____

Email Address: _____

Weight: _____

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

Participant Waiver of Liability: As a participant in the 2019 South Dakota State Fair Strongman 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, 1060 3rd St. SW, Huron, SD 57350.
Checks can be made payable to: "SD State Fair"

SD State Fair Strongman Competition Information and Rules

1. Must be 18 years or older to participate.
2. No weight class. All competitors will compete against each other.
3. No knee wraps or straps allowed. Belt, chalk, knee sleeves, wrist wraps and gloves are allowed.
4. No stick em' on hands but may use a sticky towel.
5. No body suits can be used.
6. No performance drugs allowed.
7. In order to compete, competitor must have entry fee paid.
8. A point system will be used to determine the place winners.
9. In event of a tie, the two competitors will do a tug of war match.
10. The SD State Fair Strongman Competition will consist of five events.
 - a. Throw for Distance: Throw gas cylinder for distance: The best one out of the three throws will be counted. A scratch will not be counted.
 - b. Overhead Press Medley: Iron tooth; One arm Barbell press 135 lbs.; Barrell; logball; and Log. Two minutes to complete the course. Fastest time and most implements will be counted. Must wait for a down signal.
 - c. Trap Bar Dead Lift: 500 lbs. for reps. One-minute time limit. Only full reps be counted.
 - d. Stones to Shoulder: Two-minute time limit. Stone to lap is 1 point, stone in full dead lift position is 2 points, stone to shoulder is 5 points. A total of 8 points per stone.
 - e. Stone Carry: Carry a stone maximum distance. No time limit. Farthest distance will be marked.
11. Competitor will receive notice when on deck. One-minute warning will be given after competitor is called to complete event; if competitor does not show up within the one minute, all points for that event will be forfeited. Competitors may use restrooms but points for event will be forfeited if not back on time.
12. Event official's decisions are final.
13. Questions on competition can be directed to event official, Chuck Englert: 605.350.7819.
14. 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, 1060 3rd St. SW, Huron, SD 57350. Make checks payable to: South Dakota State Fair.
15. If contestants register prior to Friday, August 23rd, one SD State Fair gate admission valid for the competition day will be sent out. If contestants register after Friday, August 23rd, they will need to pay the gate admission to get onto the grounds and compete.