

# THANKSGIVING LIFT AND THROW 2009

(North American Highlander Association, Inc. Membership Required of all Competitors)

- Organizer: Jesse ward with Mike Adams  
Questions? Call 425-697-7108  
jesse@localsgym.com
- DATE: Sunday November 22nd, 2009
- LOCATION: Parkridge Community Church 3805 Maltby Road, Bothell  
98012
- SCHEDULE: 9:00am – 9:30am Check-in, weigh-in and equipment check.  
9:30am Rules  
10:00am-Lunch Increasing Deadlift and Caber Toss  
Lunch-Finish KB Clean and Press, Light Scottish Hammer
- DIVISIONS: Mens: Lightweight (200 and below), middleweight (201 lb.-  
250lb.) heavyweight (251 lb. and above) and masters. Women: Lightweight  
(under 160lb) and heavyweight (160+).
- AWARDS: Custom Awards for 1<sup>st</sup> in each division
- ENTRY FEES: \$45
- ENTRY DEADLINE: Must be Postmarked by November 13th, 2009  
\*Late entries cannot be guaranteed a trophy\*
- MEMBERSHIP CARD: \$25

Send Meet Applications to:

NCA  
2031 196<sup>th</sup> ST SW B-101  
Lynnwood Wa, 98036

**EVENTS:**

**1. INCREASING DEADLIFT (REGULAR BAR, SET ON 12" BOX):**

**LIGHT WOMEN 225+20 PER REP**

**HEAVY WOMEN 245+20 PER REP**

**LIGHT MEN 295+50 PER REP**

**MIDDLE MEN 335+50 PER REP**

**HEAVY MEN 385+50 PER REP**

**1 RUN, FOR MAX REPS**

**2. CABER TOSS: WE'LL HAVE A LADIES CABER AND A MENS CABER.**

**3 ATTEMPTS FOR BEST SCORE**

**3. KETTLEBELL CLEAN AND PRESS: ALTERNATE HANDS, MUST START EACH REP ON THE FLOOR AND CAN PRESS ANYHOW.**

**LIGHT WOMEN: 53#**

**HEAVY WOMEN: 62#**

**LIGHT MEN: 88#**

**MIDDLE MEN: 96#**

**HEAVY MEN: 106#**

**1 RUN, MAX REPS**

**4. LIGHT SCOTTISH HAMMER.**

**3 ATTEMPTS FOR BEST DISTANCE**

Meet Application Date: \_\_\_\_\_ Club: \_\_\_\_\_  
 Name: \_\_\_\_\_ DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_ Phone(\_\_\_\_) \_\_\_\_\_  
 Email \_\_\_\_\_ Woman Man Please Circle

Weight Class \_\_\_\_\_

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 the Kenmore Strength Extravaganza, Nephilim Cultivation Academy, Local's Gym, Lynnwood CrossFit, D's House of Pain, 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 the Kenmore Strength Extravaganza 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 CLASS:** \_\_\_\_\_ **HT:** \_\_\_\_\_  
**SIGNATURE:** \_\_\_\_\_  
 (PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

**NORTH AMERICAN HIGHLANDER ASSOCIATION, INC.**

[WWW.NAHIGHLANDER.COM](http://WWW.NAHIGHLANDER.COM)

Please remit this application and payment to:

Checks:  
 Nephilim Cultivation Academy  
 2031 196<sup>th</sup> ST SW B-101  
 Lynnwood Wa, 98036

Credit Cards Welcome  
 # \_\_\_\_\_  
 Name \_\_\_\_\_  
 Exp: \_\_\_\_\_ CSC \_\_\_\_\_  
 Addr \_\_\_\_\_  
 City/Zip \_\_\_\_\_