

Winter Grip Fest & Steel Bending Challenge

PROMOTER: Jedd Johnson

CONTACT: Email: jedd.diesel@gmail.com or call (607)857-6997

DATE: 2/18/17

TIME: Pinch width testing at 9AM, Rules briefing at 9:30am, Start time 10am

WEIGH-IN: Saturday, February 18th, lifters may weigh in any time from 8AM until 10AM

LOCATION: Jedd's House of Strength - Wyalusing PA

HOTEL: Hotels available upon request.

DIVISIONS: Open Men / Women / Juniors - Results will be entered into NAGS Records Lists based on your weight in the following categories: Men: 59kg / 66kg / 74kg / 83kg / 93kg / 105kg / 120kg / 120+kg; Women:

MAIN COMP: Silver Bullet Hold - Men: #3/#3.5 Women: #2/#2.5 Juniors: #T/#1
Two Hands Pinch - European Adjustable Pinch Device - Rising Bar - 4 attempts
Pickaxe Lift - Max to the Front - Rising Bar - 4 attempts
Bull Ring Hub Lift - Lift to Lockout - 4 attempts
Pinch Block Hold for Time - One Attempt per Hand - Weights to be determined

ADDITIONAL EVENTS: Reverse Bending Challenge, Inch Dumbbell for Height

ENTRY FEES: \$40 for Grip Comp, \$10 for Steel Bending

ENTRY DEADLINE: 2/4/16 - After, entry fees doubled.

MAIL PAYMENTS & ENTRIES TO: Jedd Johnson or Paypal: jedd.diesel@gmail.com
PO Box 806
Wyalusing PA 18853

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NAME: _____ **AGE:** _____

ADDRESS: _____

PHONE: _____ **DATE OF BIRTH:** _____

EMAIL: _____

DIVISION: _____ **HEIGHT:** _____

SIGNATURE: _____
(PARENT OR GUARDIAN SIGNATURE REQUIRED IF CONTESTANT IS UNDER 18 YEARS OF AGE)

EVENT BY EVENT RULES:

Event #1 - Silver Bullet Hold

Each competitor will get 2 attempts. Men - 1st round #3, 2nd round #4. Women - 1st round #2, 2nd round #3. Juniors 1st round #T, second #1. Total time of both rounds are totaled for the score.

Event #2 - Two Hands Pinch

European Adjustable Pinch Device will be used. 4 attempts, rising bar. +/- 5lb jumps.

Event #3 - Pickaxe Lift

Max to the Front. 4 attempts, Rising Bar.

Event #4 - Bull Ring Hub Lift

Diesel Power Bull Rings will be used. If hands are 7.5" or shorter, lifter will use 4" Bull Ring. Hands 7.51" or longer will use 5" Bull Ring. Lifter may use both hands to set grip, upon starting lifting attempt, off-hand must be removed and implement must be approximately level.

Event #5 - Pinch Block Curl Hold for Time

The Diesel Power Pinch Block Curl will be used. Weights to be determined. Lifter will take one attempt per hand. Time begins when implement leaves ground, and time ends when it hits the ground or loses contact with the hand.

Event #6 - Reverse Bending Challenge

Reverse Style using 6" length bars, nails, and bolts. Cordura, IMP, Battlefield, towels, suede wraps or combinations are permitted for wraps - must pass through a 1.5" wooden hole. Rubber bands permitted. Must reach a 40-degree bend inside 30 seconds. 3 attempts

Event #7 - Inch Dumbbell for Height

Inch Dumbbell will be lifted on top of a platform in one movement, with no contact with the body. 4 attempts, rising bar platform.

Other events may be added by request BEFORE the 30-day window. Competitors must inquire with Jedd Johnson to schedule additional events.