



# RURAL RUMBLE IV

**Contest Director: Phil Gruentzel**

**Contact: 410-871-4666**

**Date & Time: October 19, 2019**

**Weigh-in: Friday October 18, from Noon till 8pm. Saturday morning from 8am to 9am.**

**Location: The Gym  
400 North Center St.  
Westminster, MD. 21157**

**Hotel: TBD**

**Divisions:**

**Womens:**

**Novice: LWW (<148) HWW (148+)**

**Open: LWW (<123, 132) MWW (148, 165) HWW (181, 198) SHWW (242, 242+)**

**Mens:**

**Novice: LWM (<220) HWM (220+)**

**Open: LWM (<148, 165, 181) MWM (198, 220) HWM (242, 275) SHWM (308, 308+)**

**\*\*CLASSES WITH FEWER THAN 5 ATHLETES WILL BE COMBINED\*\***

**Events:**

- 1. Press Medley**
- 2. Mammoth Bar Max Deadlift**
- 3. Fingal Fingers**
- 4. Sand Bag Toss Over Bar**
- 5. Carry Medley**

**\*\*SEE EVENT PAGE OR WEBSITE FOR SPECIFIC DETAILS\*\*WEIGHTS AND EVENTS SUBJECT TO CHANGE\*\***

**Awards: Awards for 1<sup>st</sup> through 3<sup>rd</sup> in each class**

**Entry Fees: \$50 for first 20 Competitors, Competitors 20 through 60 will be \$60, After 60 competitors will be \$75.**

**Entry Deadline: October 1, 2019**

**Online Entry: Email forms to [musclemine\\_rural\\_rumble@gmail.com](mailto:musclemine_rural_rumble@gmail.com)**

**Payment: Paypal: [themusclemine@gmail.com](mailto:themusclemine@gmail.com) or checks made out to "MuscleMine"**

**NAME:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **SHIRT SIZE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**DIVISION:** \_\_\_\_\_ **WEIGHT CLASS:** \_\_\_\_\_ **HEIGHT:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PARENT OR GUARDIAN IF UNDER 18:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**\*\*\*\* WAIVER WILL BE REQUIRED AT SHOW\*\*\*\***