

The Charlotte Pick-up Artists Present the:

4th Annual

Armhighland Gripstrongwrestling Powergames

Grip Sport International

Location: Used Gym Store

2116 Highland Ae NE, Hickory, NC28601

October 1, 2022 @ 11 am

Name _____ Height _____ Weight _____

Address _____ City _____

Phone Number: _____

Email Address _____

Events: Gripper (20 mm), Euro Two Hand Pinch, 2.5" Crusher, Lever Top, Sledge Choke

Ancillary Event: *Flintstone Pinch for cumulative time)

*Flintstones=two 91 lb disks

The events will follow NAGS rules however there will be no rankings/awards per weight class. Awards will be provided to the overall top lifts in each event. Contestants will be competing for personal best performances and a chance to move up the NAGS leaderboards and contest records. There will be time before the competition for contestants to complete any certifications.

Entry Fee: \$10 due at the event.

Weight Class (Circle One): 66kg, 74kg, 83kg, 93 kg, 105 kg, 120 kg, 120+kg, Open Women

Weigh-ins, rules, certifications 9:30-11:00 am

Contest Starts at 11:00 am