

**2017 Tony Conyers Extravaganza
Contest Letter**

Thank you for choosing to compete in this year's Tony Conyers Extravaganza. We also would like to thank you all for your cooperation and understanding through our venue change. We have received confirmation from nearly all lifters and everyone is still in.

We have expanded on the early weigh in times on Friday 9/1 listed below in the schedule of events. We have elected to run three flights for this competition and will be taking short breaks between the lifts but not between each flight. The flights are listed below the schedule. The meet will be run in pounds. We will use a 55 pound squat bar for flights A and B only and a new Texas deadlift bar for the pulls. Chalk will be provided and you are welcome to bring your own baby powder for which we will set up 2 stations for powdering your legs during the deadlifts.

Stronglife Christian ministries will have food on sale for lunch and snacking all proceeds going to the ministry. There are no water fountains in the facility but you are welcome to bring coolers. Thank you once again for choosing to compete with Raw United and we hope you have a great lifting experience. Please check the information in the lifting roster below and respond to this e mail with any necessary corrections.

Tony, Tim and Bill

Women	div	shirt	
114			
Courtney Sheehan	SNR	FP	S
123			
Kelsey Venhorst	SNR	FP	S
Evelyn Puisseau	40-44	FP	S
132			
Kendall Danganan	SNR	FP	S
Georgana 'Gigi' LaCagnina	45-49	FP	S
148			
Kathy Nettles	SNR	FP	S
Edith Traina	95-99	B/D	L
165			
Daniela Mishler	SNR	FP	L
Monica Rochon	SNR	FP	M
Rebecca Sheehan	SNR	FP	M
Suzanne LaForge	55-59	FP	M

Kate Miller	70-74	FP	L
181			
Mala Veerasawmy	45-49	FP	L
198+			
Nadine Hernandez	45-49	FP	XL

MEN

123			
Aiden Asmar	13-U	FP	M
Ty Conyers	14-15	FP	S
148			
Anthony Empano	SNR	FP	S
Robert Sheehan	SNR	FP	S
Max Rava	SNR	FP	L
165			
Darius Conyers	SNR	FP	M
Evan Cotreneo	SNR	FP	M
Samuel Vain	SNR	FP	M
181			
Christopher Newton	18-19	FP	L
Bob Dulong	SNR	FP	L
Matthew Stringer	SNR	FP	L
Peter Pires	SNR	FP	L
Jaymes Longstrom	SNR	FP	L
Kurt Leverette	55-59	FP	L
198			
Roman Romanenko	SNR	FP	L
Derrick Steele	SNR	FP	L
Kyle Hnatkiewicz	SNR	FP	L
Bradley Brown	SNR	BD	L
220			
Niko Valdez	SNR	FP	2XL
Michale Franke	SNR	B	M
Thomas Dozier	55-59	FP	XL
242			
Deniss Puliscuks	SNR	FP	L
Kevin Cavender	SNR	FP	L
Julian Alessi	SNR	FP	2XL
Shane Tumminello	SNR	FP	XL
James Jacobs	50-54	FP	2XL
275			

Austin Burdick	SNR	FP	2XL
308+			
Scott Morgan	SNR	FP	2XL

Schedule:	9/1 Weigh in / registration	9:00 am – noon
		4:00pm – 7:00pmn
	9/2 Weigh in / registration	8:00am – 9:00am
	Rules Clinic	9:00am - 9:15 am
	Warm ups, flight A	9:15 – 10:00am
	Lifting starts	10:00 am

Flight A

Scott Morgan
Austin Burdick
James Jacobs
Shane Tumminello
Julian Alessi
Kevin Cavender
Deniss Puliscuks
Thomas Dozier
Micheal Franke
Niko Valdez
Bradley Brown
Kyle Hnatkiewicz
Derrick Steele
Roman Romenenko

Flight B

Kurt Leverette
Jaymes Longstrom
Matthew Stringer
Peter Pires
Bob Dulong
Chris Newton
Samuel Vain
Evan Cotreneo
Darius Conyers
Max Rava
Robert Sheehan
Anthony Empano
Ty Conyers
Aiden Asmar

Flight C

Nadine Hernandez
Mala Veerasawmy
Rebecca Sheehan
Kate Miller
Suzanne LaForge
Monica Rochon
Daniela Mishler
Edith Traina
Kathy Nettles
Georgana "Gigi" LaCagnina
Kendall Danganan
Evelyn Puisseau
Kelsey Vanhorst
Courtney Sheehan