

**2021**  
**“GIRLS GONE STRONG”**  
**WOMEN’S OPEN**  
**Sanctioned by R.A.W. UNITED**



**MEET DIRECTOR:**

Spero Tshontikidis \* [stronglife610inc@gmail.com](mailto:stronglife610inc@gmail.com) \* 321-505-1194

**VENUE:**

Viera Charter School \* 6206 Breslay Drive \* Melbourne, FL 32940

**SCHEDULE OF EVENTS:**

**Friday, March 05**

**Early Weigh-Ins & Registration \* 5:00 pm to 7:00 pm**

**Saturday, March 06**

**Contest Weigh-In & Registration \* 7:30 am to 9:00 am**

**Rules Clinic \* 9:00 am to 9:15 am**

**Warm-Ups, Flight A \* 9:15 am to 10:00 am**

**Lifting Starts \* 10:00 am**

**ORDER OF LIFTING:**

**Order of lifting will be determined at the Rules Clinic**

**Heavier weight classes will comprise Flight A**

**Lighter weight classes will comprise Flight B**

**RULES:**

**Rules will be discussed at the Rules Clinic.**

**Rules can be viewed at [www.StrongLife610.net](http://www.StrongLife610.net).**

**PLEASE NOTE / 2021 RULE CHANGE:**

**FEET MUST REMAIN FLAT ON THE FLOOR DURING THE BENCH !!!**

**2021 MEMBERSHIP:**

**ALL LIFTERS present their 2021 R.A.W. UNITED Membership Card or bring \$10.00 CASH to weigh-ins to purchase their 2021 membership**

**AGE GROUPS:**

**Youth: 7-U, 8-9, 10-11, 12-13 \* Teenage: 14-15, 16-17, 18-19 \* Open: All Ages \*  
Master: 40-44, 45-49, 50-54, etc.**

**WEIGHT CLASSES:**

**Women:**

**66, 77, 88 (Youth Only) \* 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+**

**Men:**

**66, 77, 88, 97 (Youth Only) \* 114, 123, 132, 148, 165, 181, 198, 220, 242, 275,  
308, 308+**

**RAW ONLY ATTIRE:**

**Lifters must wear a one-piece singlet, and may utilize a 4" leather belt,  
neoprene knee sleeves, and wrist wraps**

**Youth lifters may wear gym shorts with t-shirt tucked in**

**ENTRY DEADLINE:**

**Completed entry forms and fees must be received (not postmarked) no later  
than Saturday, February 13**

**ENTRY FEES:**

**Individual: \$65.00, includes contest shirt and award**

**Team: \$50.00, includes team award**

**Please make checks payable to: "Strong Life 610, Inc."**

**MAIL TO:**

**Please return completed entry form and fees to:**

**STRONG LIFE 610, Inc. \* 107 La Costa Street, Unit 402 \* Melbourne Beach,  
FL 32951**

**DIRECTIONS FOR VENUE & LODGING:**

**Venue: Viera Charter School \* 6206 Breslay Drive \* Melbourne, FL 32940**

**Lodging: Crowne Plaza, 321-777-4100 \* Radisson Suite Hotel, 321-773-9260**

**QUESTIONS:**

**Spero Tshontikidis \* [stronglife610inc@gmail.com](mailto:stronglife610inc@gmail.com) \* 321-505-1194**

# 2021

## “GIRLS GONE STRONG” WOMEN’S OPEN

### Sanctioned by R.A.W. UNITED



**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Age** \_\_\_\_\_ **Wt Class** \_\_\_\_\_ **Phone** \_\_\_\_\_

**CIRCLE ONE:**

<b>Gender:</b>	<b>Male</b>	<b>Female</b>		
<b>Division:</b>	<b>Full Power</b>	<b>Push/Pull</b>	<b>Bench Only</b>	<b>DL Only</b>
<b>Shirt Size:</b>	<b>Youth Small</b>	<b>Youth Medium</b>	<b>Youth Large</b>	<b>Adult Small</b>
	<b>Adult Medium</b>	<b>Adult Large</b>	<b>Adult XL</b>	<b>Adult 2XL</b>

**PLEASE NOTE:**

**ALL lifters will automatically be “crossed over” to all eligible age groups for record purposes. In other words, a 15 year-old lifter will be entered in both the Teenage Division (14-15) and the Open Division. Likewise, a 51 year-old lifter will be entered in both the Masters Division (50-54) and the Open Division.**

**ATHLETES MUST COMPLETE AND SIGN THE R.A.W. UNITED RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT (MINOR'S RELEASE) Release, Waiver of Liability, Assumption of Risk, Indemnity, and Parental Consent Agreement**

In consideration of being permitted to participate in a powerlifting "activity," I, my personal representatives, assigned heirs, and next of kin: **ACKNOWLEDGES**, agree, and represent that I understand the nature of the activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity. I **FULLY UNDERSTAND** that (a) **ATHLETIC ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("Risks")**; (b) these Risks and dangers may be caused by my own actions or in actions of others participating in the activity, the condition in which the activity takes place, or **THE NEGLIGENCE OF THE "RELEASES" NAMED BELOW**; (c) there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time. I **FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation or that of the minor in the activity. I **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** Strong Life 610, Inc. / R.A.W. United Powerlifting Federation, Viera Charter School, Spero Tshontikidis, Bill Beekley, and any and all contest staff members, related affiliated and subsidiary companies of each, as well as the officers, directors, agents, employees, and assigns of each, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and if applicable, owners and lessors of premises on which the activity takes place, and any other party indemnified and held harmless by the **STRONG LIFE 610, Inc. / R.A.W. United Powerlifting Federation** (each considered one of the "RELEASE" herein) **FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, NEGLIGENT SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; AND I FURTHER AGREE** that if, despite this **RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT** I, or anyone on my behalf, makes a claim against any or all of the Releases, I **WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES** from any litigation expense, attorney fees, liability, damage, or cost which may incur as a result of such claim.

Printed Name of Participant: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**MINOR'S RELEASE**

**AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY, I HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR ANY COST THAT MAY INCUR AS A RESULT OF ANY SUCH CLAIM.**

Printed Name of Parent/Guardian: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Mail Completed Entry Form and Fees (payable to STRONG LIFE 610, Inc.) to:  
Strong Life 610, Inc. \* 107 La Costa Street, Unit 402 \* Melbourne Beach, FL 32951**

**Individual Entry Fee: \$65.00, includes contest shirt and award  
Team Entry Fee: \$50.00, includes team award**