

2022
R.A.W. UNITED
CONTEST SCHEDULE



Saturday & Sunday, February 5-6

Biggest Bench on the Beach

Indian Harbour Beach, Florida

Meet Director: Spero Tshontikidis

Saturday, March 5

Northwest Regional Championships

Lewiston, Idaho

Meet Director: Mitch Thornton

Saturday & Sunday, March 5-6

Florida State Championships

Viera, Florida

Meet Director: Spero Tshontikidis

2022 CONTEST SCHEDULE (continued)

April TBA

15th Annual Grip It & Rip It Deadlift Classic

Tampa, Florida

Meet Director: Bill Beekley

Saturday & Sunday, May 21-22

Beachside Bench & Deadlift

Indian Harbour Beach, Florida

Meet Director: Spero Tshontikidis

2022

R.A.W. UNITED

NATIONAL CHAMPIONSHIPS

Qualifying Total Needed!

Wednesday - Sunday, July 22 - 26

Viera, Florida

Meet Director: Spero Tshontikidis

Saturday, June 25

Idaho State Championships

(Combined with R.A.W. United National Championships)

Lewiston, Idaho

Meet Director: Mitch Thornton

2022 CONTEST SCHEDULE (continued)

Saturday & Sunday, September 10-11

Lifting for America's Heroes

Open to all lifters:

**Must represent a Military, Police, or Firefighter Hero of your
Choice**

Indian Harbour Beach, Florida

Meet Director: Spero Tshontikidis

Saturday, September 17

Beast of the Bench II

Lewiston, Idaho

Meet Director: Mitch Thornton

Saturday, November 19

15th Annual Tony Conyers Extravaganza

Tampa, Florida

Meet Director: Bill Beekley

Saturday & Sunday, December 17-18

2nd Annual Patriot's Power Day: A Celebration of America

Indian Harbour Beach, Florida

Meet Director: Spero Tshontikidis

