

2022 NATIONAL CHAMPIONSHIPS

Sanctioned by R.A.W. UNITED



MEET DIRECTOR:

Spero Tshontikidis * stronglife610inc@gmail.com * 321-505-1194

VENUE:

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

SCHEDULE OF EVENTS:

Tuesday, June 21 * YOUTH lifters

Early Weigh-Ins & Registration for all YOUTH lifters * 5:00 pm to 7:00 pm

Wednesday, June 22 * YOUTH lifters, Day 1

Contest Weigh-In & Registration for Wednesday, YOUTH lifters * 8:00 am to 9:00 am

Rules Clinic for Wednesday, YOUTH lifters * 9:00 am to 9:15 am

Warm-Ups, Flight A for Wednesday, YOUTH lifters * 9:15 am to 10:00 am

YOUTH Lifting Starts * 10:00 am

**QUALIFYING TOTALS FOR YOUTH LIFTERS
2022 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS**

Youth lifters, ages 13 and under, will compete on Wednesday, June 22. Qualifying totals (established between May 2021 – May 2022) for all youth lifters are:

YOUTH MEN

	7-U	8-9	10-11	12-13
66	125	150	175	200
77	150	175	200	225
88	175	200	225	250
97	200	225	250	275
105	225	250	275	300
114	250	275	300	325
123	275	300	325	350
132	300	325	350	375
148	325	350	375	400
165	350	375	400	425
181	375	400	425	450
198	400	425	450	475
220	425	450	475	500
242	450	475	500	525
275	475	500	525	550
308	500	525	550	575
308+	525	550	575	600

YOUTH WOMEN

	7-U	8-9	10-11	12-13
66	100	125	150	175
77	125	150	175	200
88	150	175	200	225
97	175	200	225	250
105	200	225	250	275
114	225	250	275	300
123	250	275	300	325
132	275	300	325	350
148	300	325	350	375
165	325	350	375	400
181	350	375	400	425
198	375	400	425	450
198+	400	425	450	475

Wednesday, June 22 * TEENAGE lifters

Early Weigh-Ins & Registration for all TEENAGE lifters * 5:00 pm to 7:00 pm

Thursday, June 23 * TEENAGE lifters, Day 2

Contest Weigh-In & Registration for Thursday, TEENAGE lifters * 8:00 am to 9:00 am

Rules Clinic for Thursday, TEENAGE lifters * 9:00 am to 9:15 am

Warm-Ups, Flight A for Thursday, TEENAGE lifters * 9:15 am to 10:00 am

TEENAGE Lifting Starts * 10:00 am

**QUALIFYING TOTALS FOR TEENAGE LIFTERS
2022 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS**

Teenage lifters, ages 14 to 19, will compete on Thursday, June 23. Qualifying totals (established between May 2021 – May 2022) for all teenage lifters are:

TEENAGE MEN

114	14-15	300	16-17	350	18-19	400
123		350		400		450
132		400		450		500
148		450		500		550
165		500		550		600
181		550		600		650
198		600		650		750
220		650		700		750
242		700		800		900
275		800		900		1000
308		900		1000		1100
308+		1000		1100		1200

TEENAGE WOMEN

97	14-15	200	16-17	250	18-19	300
105		250		300		350
114		300		350		400
123		350		400		450
132		400		450		500
148		450		500		550
165		500		550		600
181		550		600		650
198		600		700		750
198+		700		800		850

Thursday, June 23 * MASTER lifters

Early Weigh-Ins & Registration for all MASTER lifters * 5:00 pm to 7:00 pm

Friday, June 24 * MASTER lifters, Day 3

Contest Weigh-In & Registration for Friday, MASTER lifters * 8:00 am to 9:00 am

Rules Clinic for Friday, MASTER lifters * 9:00 am to 9:15 am

Warm-Ups, Flight A for Friday, MASTER lifters * 9:15 am to 10:00 am

MASTER Lifting Starts * 10:00 am

QUALIFYING TOTALS FOR MASTER LIFTERS 2022 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS

Master lifters, ages 40 and above, will compete on Friday, June 24. Qualifying totals (established between May 2021 – May 2022) for all Master lifters are:

MASTERS MEN

SCROLL DOWN, PLEASE

MASTERS MEN

114	40-49	400	50-59	300	60-69	200
123		500		400		300
132		600		500		400
148		750		650		500
165		800		700		600
181		900		800		700
198		950		850		750
220		1050		950		850
242		1150		1050		950
275		1200		1100		1000
308		1250		1150		1050
308+		1300		1200		1100

Note: Lifters 70 or older must simply register a three-lift total in a sanctioned event between May 2021 and May 2022.

MASTERS WOMEN

97	40-49	250	50-59	300	60-69	350
105		300		350		400
114		350		400		450
123		400		450		500
132		450		500		550
148		500		550		600
165		550		600		650
181		600		650		700
198		650		700		750
198+		700		750		800

Note: Lifters 70 years of age or older must simply register a three-lift total in a sanctioned event between May 2021 and May 2022.

Friday, June 24 * OPEN MALE lifters

Early Weigh-Ins & Registration for all Sunday lifters * 5:00 pm to 7:00 pm

Saturday, June 24 * OPEN MEN lifters, Day 4

Contest Weigh-In & Registration for Saturday, OPEN MEN lifters * 8:00 am to 9:00 am

Rules Clinic for Saturday, OPEN MEN lifters * 9:00 am to 9:15 am

Warm-Ups, Flight A for Saturday, OPEN MEN lifters * 9:15 am to 10:00 am

OPEN MEN Lifting Starts * 10:00 am

**QUALIFYING TOTALS FOR OPEN MEN
2022 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS**

Open men (all ages) will compete on Saturday, June 25. Qualifying totals (established between May 2021 – May 2022) for all open men are:

OPEN MEN

114:	600
123:	700
132:	800
148:	850
165:	950
181:	1050
198:	1150
220:	1250
242:	1350
275:	1400
308:	1450
308+:	1500

Saturday, June 25 * OPEN WOMEN lifters

Early Weigh-Ins & Registration for all OPEN WOMEN lifters * 5:00 pm to 7:00 pm

Sunday, June 26 * OPEN WOMEN lifters, Day 5

Contest Weigh-In & Registration for Sunday, OPEN WOMEN lifters * 8:00 am to 9:00 am

Rules Clinic for Sunday, OPEN WOMEN lifters * 9:00 am to 9:15 am

Warm-Ups, Flight A for Sunday, OPEN WOMEN lifters * 9:15 am to 10:00 am

OPEN WOMEN Lifting Starts * 10:00 am

**QUALIFYING TOTALS FOR OPEN WOMEN
2022 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS**

Open women (all ages) will compete on Sunday, June 26. Qualifying totals (established between May 2021 – May 2022) for all open women are:

OPEN WOMEN

97	300
105	350
114	400
123	450
132	500
148	550
165	600
181	650
198	700
198+	750



ORDER OF LIFTING:

Order of lifting each day will be determined at the Rules Clinic
Heavier weight classes will comprise Flight A each day
Lighter weight classes will comprise Flight B each day

RULES:

Rules will be discussed at the Rules Clinic.
Rules can be viewed at www.StrongLife610.net.

2022 MEMBERSHIP:

ALL LIFTERS present their 2022 R.A.W. UNITED Membership Card or bring
\$10.00 CASH to weigh-ins to purchase their 2022 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, 105 (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 LIMIT & DEADLINE:

Each day (Youth, Teenage, Master, Open Men, Open Women) of lifting is
limited to 35 contestants

If the entry limit is not reached, completed entry forms and fees must be
received (not postmarked) no later than Saturday, May 28

ENTRY FEES:

Individual: \$75.00, includes contest shirt and award

Team: \$75.00, includes team award

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

HUGE AWARDS & AWESOME SHIRTS !!!

MAIL TO:

Please return completed entry form and fees to:
**STRONG LIFE 610, Inc. * 105 La Costa Street, Unit C1 * Melbourne Beach, FL
32951**

DIRECTIONS FOR VENUE & LODGING:

Venue: Viera Charter School * 6206 Breslay Drive * Melbourne, FL 32940
Lodging: Crowne Plaza Melbourne – Oceanfront * 321-777-4100
Radisson Suite Hotel – Oceanfront * 321-773-9260

QUESTIONS:

Spero Tshontikidis * stronglife610inc@gmail.com * 321-505-1194

**SCROLL
DOWN
FOR
ENTRY**

2022 NATIONAL CHAMPIONSHIPS

Sanctioned by R.A.W. UNITED



Name: _____

Address: _____

City, State, Zip: _____

E-Mail _____

Age _____ **Wt Class** _____ **Phone** _____

CIRCLE ONE:

Gender: **Male** **Female**

Division: **Full Power** **BP / DL** **BP Only** **DL Only**

Shirt Size: **Youth Medium** **Youth Large** **Adult Small**
 Adult Medium **Adult Large** **Adult XL** **Adult 2XL**

QUALIFYING TOTAL INFORMATION:

MEET TITLE: _____

DATE(S): _____

TOTAL: _____

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, Strong Life Training Facility, Viera Charter School, Strong Life Tampa Bay, 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. * 105 La Costa Street, Unit C1 * Melbourne Beach, FL 32951
Individual Entry Fee: \$75.00, includes contest shirt and award
Team Entry Fee: \$75.00, includes team award**