

2022
R.A.W. UNITED
CONTEST SCHEDULE



April 16

15th Annual Grip It & Rip It Deadlift Classic

Tampa, Florida

Meet Director: Bill Beekley

Saturday, May 07

Beachside National Qualifier

Indian Harbour Beach, Florida

Meet Director: Spero Tshontikidis

2022
R.A.W. UNITED
NATIONAL CHAMPIONSHIPS

QUALIFYING TOTAL NEEDED!

Saturday, June 18
Youth & Teenage Nationals

Sunday, June 18
Push/Pull & Single Lift Nationals

Saturday, June 25
Men's Open & Masters Nationals

Sunday, June 26
Women's Open & Masters Nationals

Viera, Florida
Meet Director: Spero Tshontikidis

2022 CONTEST SCHEDULE (continued)

Saturday, June 25

Idaho State Championships

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

Lewiston, Idaho

Meet Director: Mitch Thornton

Saturday, September 03

Pure Strength Push/Pull

Spokane, Washington

Meet Director: Jordan Upton

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

2022 CONTEST SCHEDULE (continued)

Saturday & Sunday, December 17-18

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

Indian Harbour Beach, Florida

Meet Director: Spero Tshontikidis

