

2022
YOUTH & TEENAGE
NATIONAL CHAMPIONSHIPS

Sanctioned by
R.A.W. UNITED & 100% RAW



Saturday, June 18

Viera Charter School
Viera, Florida

Hosted by
STRONG LIFE POWERLIFTING

MEET DIRECTOR:

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

VENUE:

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

SCHEDULE OF EVENTS:

Friday, June 17

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

Saturday, June 18

Contest Weigh-In & Registration for all lifters * 7:00 am to 8:00 am

Rules Clinic * 8:00 am to 8:15 am

Warm-Ups, Flight A * 8:15 am to 9:00 am

Lifting Starts * 9:00 am

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

We will run two sessions if over 35 lifters register to compete

RULES:

Rules of Performance will be discussed at the Rules Clinic

Rules can be viewed at www.StrongLife610.net

2022 MEMBERSHIP:

ALL LIFTERS must present their 2022 R.A.W. UNITED Membership Card or bring \$10.00 CASH to weigh-ins to purchase their 2022 membership

ALL LIFTERS must present a current 100% RAW Membership Card or bring an additional \$10.00 CASH to weigh-ins to purchase a 100% RAW membership

AGE GROUPS:

Youth: 7-U, 8-9, 10-11, 12-13

Teenage: 14-15, 16-17, 18-19

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:

Teenage 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:

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

**QUALIFYING TOTALS FOR YOUTH LIFTERS
R.A.W. UNITED / 100% RAW NATIONAL CHAMPIONSHIPS**

Youth lifters, ages 13 and under, will compete on Saturday, June 18. Qualifying totals (established in a sanctioned meet in any federation between May 2021 and May 2022) for all youth lifters are:

YOUTH MEN

66	7-U	125	8-9	150	10-11	175	12-13	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

66	7-U	100	8-9	125	10-11	150	12-13	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

**QUALIFYING TOTALS FOR TEENAGE LIFTERS
R.A.W. UNITED / 100% RAW NATIONAL CHAMPIONSHIPS**

Teenage lifters, ages 14 to 19, will compete on Saturday, June 18. Qualifying totals (established in a sanctioned meet in any federation between May 2021 and May 2022) for all teenage lifters are:

TEENAGE MEN

	14-15	16-17	18-19
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	650	750
220	650	700	750
242	700	800	900
275	800	900	1000
308	900	1000	1100
308+	1000	1100	1200

TEENAGE WOMEN

	14-15	16-17	18-19
97	200	250	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



**2022 YOUTH & TEENAGE
NATIONAL CHAMPIONSHIPS**
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Name: _____

Address: _____

City, State, Zip: _____

E-Mail _____

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

CIRCLE ONE:

Gender: Male Female

Division: Full Power

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

FULL POWER QUALIFYING TOTAL:

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, 100% RAW Powerlifting Federation, Strong Life Training Facility, Viera Charter School, Spero Tshontikidis, Paul Bossi, 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**