

2023
MEN'S & WOMEN'S
NATIONAL CHAMPIONSHIPS

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



Friday, Saturday & Sunday,
June 23-25

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:

Thursday, June 22

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

Friday, June 23

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

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

Saturday, June 24

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

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

Sunday, June 25

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

LIFTING DAYS:

Friday: Youth Men, 66 - 105 * Youth Women, 66 - 88

Saturday: ALL Men, 114 - SHW

Sunday: ALL Women, 97 - 198+

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

2023 MEMBERSHIP:

ALL LIFTERS must present their 2023 R.A.W. UNITED Membership Card or bring \$10.00 CASH to weigh-ins to purchase their 2023 membership

ALL LIFTERS must present a current 100% RAW Membership Card
100% RAW cards must be purchased PRIOR to lifting at:
www.rawpowerlifting.com

AGE GROUPS:

Youth: 13-Under

Teenage: 14-19

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:

Completed entry forms and fees must be received (not postmarked) no later than Saturday, May 27

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
2023 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS
2023 100% RAW AMERICAN CHALLENGE**

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 |

QUALIFYING TOTALS FOR TEENAGE LIFTERS
2023 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS
2023 100% RAW AMERICAN CHALLENGE

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 |

**QUALIFYING TOTALS FOR OPEN MEN
2023 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS
2023 100% RAW AMERICAN CHALLENGE**

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 |

**QUALIFYING TOTALS FOR OPEN WOMEN
2023 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS
2023 100% RAW AMERICAN CHALLENGE**

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 |

**QUALIFYING TOTALS FOR MASTER LIFTERS
2023 R.A.W. UNITED NATIONAL POWERLIFTING CHAMPIONSHIPS
2023 100% RAW AMERICAN CHALLENGE**

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 2022 and May 2023.

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 2022 and May 2023.

2023 NATIONAL CHAMPIONSHIPS

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



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**