

2023 Grip it ‘n Rip it

Sanctioned by R.A.W. United

Meet Director: Bill Beekley * beekley220@gmail.com * 813-362-1908

Venue: Stronglife Training Facility/ Crossfit Jaguar * Tampa, Florida

Schedule:

4/14	Weigh-Ins/Registration	9:00 am to noon 3:00 pm to 7:00pm
4/15	Weigh-Ins/Registration	7:30 am to 9:00 am
	Rules Clinic	9:00 am to 9:15 am
	Warm-Ups, Flight A	9:15 am to 10:00 am
	Lifting Starts	10:00 am

ORDER OF LIFTING
will be determined at the Rules Clinic
ALL LIFTERS that have not competed in 2023 must bring \$10.00 CASH to weigh-ins
for their 2023 membership

Travel: Directions to the meet site can be found at google maps. The venue address is: 9509 N. Trask St. Tampa, FL. 33624

Lodging: Directions to the lodging can be found at google maps. The hotel address is: Comfort Suites Near Raymond James Stadium * 5421 W. Waters Ave. * Tampa, FL 33634 * 813-880-8938

Rules: Rules will be discussed at the Rules Clinic. There have been some changes and can be viewed at www.StrongLife610.net.

Age Groups:

Youth	13-U			
Teenage	14-15	16-17	18-19	
Junior	20-23			
Open	24-39			
Master	40-44	45-49	50-54	etc.

Weight Classes:

Women	97	105	114	123	132	148	165	181	198	198+	
Men	114	123	132	148	165	181	198	220	242	275	308
	308+										

Attire: **RAW ONLY**
Lifters must wear a one-piece singlet, and may utilize a 4" leather belt, knee sleeves, and wrist wraps. Knee length socks are required.

Entry Fees:

Individual	\$65.00	includes contest shirt
Team	\$50.00	includes team award
Spectators	\$10.00	

Entry Deadline: Completed entry form and fees must be received (not postmarked) no later than Saturday, March 25th.

Checks made out to "Stronglife Tampa Bay" !

Mail To: Bill Beekley * 2424 W. Tampa Bay Blvd., Unit A108 * Tampa , FL 33607.

Contest Letter: All lifters will receive a contest letter via e mail shortly following the entry deadline. Please make sure your e mail address is clearly printed on the form for accuracy.

Questions: Bill Beekley * beekley220@gmail.com * 813-362-1908

SCROLL DOWN FOR ENTRY!

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Name: _____

Address: _____

City, State, Zip _____

Phone Number: _____ **Age** _____

E-Mail Address: _____

CIRCLE ONE:

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

Division: **Deadlift Only**

Age Group:	Youth	13-U			
	Teenage	14-15	16-17	18-19	
	Junior	20-23			
	Open	24-39			
	Master	40-44	45-49	50-54	_____

Shirt Size: **Ys** **YM** **YL** **Small** **Medium** **Large** **XL** **2XL**
3XL

Weight Class:

Women	97	105	114	123	132	148	165	181	198	198+	
Men	114	123	132	148	165	181	198	220	242	275	308
	308+										

Entry Fee: **\$65.00**

Mail To: **Bill Beekley * 2424 W. Tampa Bay Blvd #A108 * Tampa, FL 33607**

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., the R.A.W. United Powerlifting Federation, Spero Tshontikidis, Strong Life 610, Inc., **STRONG LIFE** Training Facility, Crossfit Jaguar, Bill Beekley, Tim Burns, Tony Conyers 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 Strong Life 610, Inc., (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: _____