

**2023**  
**MEN'S & WOMEN'S**  
**NATIONAL CHAMPIONSHIPS**

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



**R.A.W. United Federation Championships**  
**100% RAW American Challenge**

**Friday, Saturday & Sunday,**  
**June 16-18**

**Viera Charter School**  
**Viera, Florida**

# **Hosted by STRONG LIFE POWERLIFTING**

## **MEET DIRECTOR:**

**Spero Tshontikidis \* [stronglife610inc@gmail.com](mailto:stronglife610inc@gmail.com) \* 321-505-1194**

## **VENUE:**

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

## **SCHEDULE OF EVENTS:**

### **Thursday, June 15**

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

### **Friday, June 16**

**Contest Weigh-In & Registration for all lifters \* 8:00 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**

**Early Weigh-Ins & Registration for all Saturday lifters \* 11:00 am to 2:00 pm**

### **Saturday, June 17**

**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 \* 10:00 am to 3:00 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](http://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](http://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 13**

**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](mailto: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**

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



**TEENAGE WOMEN**

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

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

**OPEN MEN**

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

**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**

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

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

**MASTERS MEN**

	40-49	50-59	60-69
114	400	300	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**

	40-49	50-59	60-69
97	250	300	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**