

**2024**  
**100% RAW**  
**EDITH TRAINA MEMORIAL**  
**AMERICAN CHALLENGE, FLORIDA**

**Friday, Saturday, & Sunday, June 14 - 16**  
**Hosted by Strong Life Powerlifting**



**MEET DIRECTOR:**

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

**VENUE:**

**Hyatt Place Melbourne Airport \* 747 Air Terminal Parkway \* Melbourne, FL  
32901**

**ELIGIBILITY:**

**This meet is open to all Florida lifters; out-of-state lifters are also welcome!**

**ORDER OF LIFTING:**

**All MEN will compete on Saturday, June 15**  
**All WOMEN will compete on Sunday, June 16**

**Heavier Classes will comprise Session 1 (Saturday) and Session 3 (Sunday)**  
**Lighter Classes will comprise Session 2 (Saturday) and Session 4 (Sunday)**  
**Flights will be determined each day at the Rules Clinic**

## **SCHEDULE OF EVENTS:**

### **Friday, June 14 \* Saturday Lifters**

**Early Weigh-Ins, Equipment Check, & Registration, ALL Saturday lifters  
5:00 pm to 7:00 pm @ Hyatt Place Melbourne Airport**

### **Saturday, June 15 \* Session 1 \* Flights A & B**

**Contest Weigh-In, Equipment Check, & Registration, ALL Saturday lifters  
7:00 am to 8:00 am @ Hyatt Place Melbourne Airport**

**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**

### **Saturday, June 15 \* Session 2 \* Flights C & D**

**Contest Weigh-In, Equipment Check, & Registration, Saturday afternoon  
lifters  
1:00 pm to 2:00 pm @ Hyatt Place Melbourne Airport**

**Rules Clinic \* 2:00 pm to 2:15 pm  
Warm-Ups, Flight C \* 2:15 pm to 3:00 pm  
Lifting Starts \* 3:00 pm**

### **Saturday, June 15 \* Sunday Lifters**

**Early Weigh-Ins, Equipment Check, & Registration, ALL Sunday lifters  
6:00 pm to 8:00 pm @ Hyatt Place Melbourne Airport**

### **Sunday, June 16 \* Session 3 \* Flights E & F**

**Contest Weigh-In, Equipment Check, & Registration, ALL Sunday lifters  
7:00 am to 8:00 am @ Hyatt Place Melbourne Airport**

**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**

### **Sunday, June 16 \* Session 4 \* Flights G & H**

**Contest Weigh-In, Equipment Check, & Registration, Sunday afternoon lifters  
1:00 pm to 2:00 pm @ Hyatt Place Melbourne Airport**

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**Sunday, June 16 \* Session 4 \* Flights G & H (continued)**

**Rules Clinic \* 2:00 pm to 2:15 pm**  
**Warm-Ups, Flight D \* 2:15 pm to 3:00 pm**  
**Lifting Starts \* 3:00 pm**

**RULES:**

**Rules will be discussed at the Rules Clinic**  
**Rules can be viewed at [www.rawpowerlifting.com](http://www.rawpowerlifting.com).**

**100% RAW 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: 5-U, 6-7, 8-9, 10-11, 12-13 \* Teenage: 14-15, 16-17, 18-19**  
**Junior: 20-24 \* Open: ALL AGES \* Submaster: 35-39**  
**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 (Youth Only) \* 114, 123, 132, 148, 165, 181, 198, 220, 242, 275,  
308, 308+**

**RAW ONLY ATTIRE:**

**Teenage lifters, ages 14 and above, must wear a one-piece singlet, and may  
utilize a 4" leather belt, neoprene knee sleeves, and wrist wraps**  
**Youth lifters, ages 13 and below, may wear gym shorts with t-shirt tucked in**

**ENTRY DEADLINE:**

**Completed entry forms and fees must be received (not postmarked) no later  
than Saturday, May 18**

**ENTRY FEES:**

**Individual: \$75.00, includes contest shirt and award**  
**Team: \$75.00, includes team award**

**Please make checks payable to: "SL 610, Inc."**

**ENTRY LIMIT:**

**Meet is limited to 100 registered lifters  
and will be closed once 50 men and/or 50 women are registered.**

**MAIL COMPLETED ENTRY & FEES TO:**

**STRONG LIFE 610, Inc.  
100 Oak Lake Road  
Melbourne, FL 32901**

**TEAM CATEGORIES:**

**Please submit team category, team name, team roster, and coach's name  
with team fee**

**MEN: YOUTH, TEENAGE, OPEN, & MEN'S MASTERS**

**WOMEN: YOUTH, TEENAGE, OPEN, & MASTERS**

**MIXED: YOUTH, TEENAGE, OPEN, MASTERS**

**Teams consist of up to 10 lifters with no more than 02 lifters in a single  
weight class.**

**Mixed teams consist of up to 10 members with no more than 05 men and/or  
05 women and no more than 02 lifters in a single weight class.**

**LODGING:**

**The Hyatt Place Melbourne Airport  
is within walking distance of the Melbourne Airport**

**Rooms can be reserved by calling 321-372-1785 and letting them know you  
are competing with the "100% RAW POWERLIFTING FEDERATION"**

**Rooms are being offered at a discounted rate of \$109.00 per night for a king  
or \$119.00 per night for a room with two queen beds**

**Major airlines that fly into the Melbourne Airport are American and Delta**

**The closest airport outside of Melbourne is Orlando which is approximately a  
one-hour drive to the contest venue**

**ADMISSION:**

**Admission is \$5.00 per day for all spectators**

**ALL REGISTERED LIFTERS ARE FREE FOR THE ENTIRE WEEKEND  
ONE COACH PER REGISTERED TEAM IS FREE FOR THE ENTIRE WEEKEND**

**THE EDITH TRAINA MEMORIAL AMERICAN CHALLENGE  
IS A QUALIFIER FOR THE  
2024 100% RAW WORLD CHAMPIONSHIPS  
AND WILL ALSO SERVE AS THE  
2024 100% RAW FLORIDA STATE CHAMPIONSHIPS**

**STRONG LIFE 610, INC**  
Home of Christian Powerlifting



**"Be strong in the Lord. and the power of His might."**

**- Ephesians 6:10**

**OFFICIAL ENTRY FORM**  
**EDITH TRAINA MEMORIAL AMERICAN CHALLENGE**  
**Friday, Saturday, & Sunday, June 14-16**  
**Sanctioned by 100% RAW \* Hosted by STRONG LIFE**



**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, State, Zip:** \_\_\_\_\_

**Team / Gym** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Age** \_\_\_\_\_ **Wt Class** \_\_\_\_\_ **Phone** \_\_\_\_\_

**CIRCLE ONE:**

<b>Gender:</b>	<b>Male</b>	<b>Female</b>		
<b>Division:</b>	<b>Full Power</b>	<b>BP/DL</b>	<b>BP Only</b>	<b>DL Only</b>
<b>Shirt Size:</b>	<b>Youth Medium</b>	<b>Youth Large</b>	<b>Adult Small</b>	
	<b>Adult Medium</b>	<b>Adult Large</b>	<b>Adult XL</b>	<b>Adult 2XL</b>

**PLEASE NOTE:**

**ALL lifters will automatically be “crossed over” to all eligible divisions for record purposes. In other words, a 15-year-old lifter that enters “Full Power” will also be entered in both the “Push/Pull” and single lift divisions. There is no need to pay crossover fees!**

**ATHLETES MUST COMPLETE AND SIGN THE 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., Strong Life Training Facility, Spero Tshontikidis, 100% RAW Powerlifting Federation, 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 (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 SL 610, Inc.) to:  
Strong Life 610, Inc. \* 100 Oak Lake Road \* Melbourne, FL 32901  
Individual Entry Fee: \$75.00, includes contest shirt and award  
Team Entry Fee: \$75.00, includes team award**