

2024
100% RAW
GARY GORDON & RANDY SHUGHART
MEMORIAL
POLICE, FIREFIGHTER, & MILITARY
NATIONAL CHAMPIONSHIPS

Friday, Saturday, & Sunday, July 5 - 7
Hosted by Strong Life Powerlifting



MEET DIRECTOR:

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

VENUE:

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

ELIGIBILITY:

**This meet is open to active and veteran police officers, firefighters, and
military service members**

**This meet is also open to a single family member of a police officer,
firefighter, or military service member who died in the line of duty**

ORDER OF LIFTING:

**All MEN will compete on Saturday, July 6
All WOMEN will compete on Sunday, July 7**

**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, July 5 * Saturday Lifters

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

Saturday, July 6 * 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, July 6 * 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, July 6 * Sunday Lifters

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

Sunday, July 7 * 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, July 7 * 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**

**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.**

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**

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:

**ALL 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, June 8

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:

The Police, Firefighter, & Military Nationals is limited to the first 100 registered lifters and will close when 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 \$75.00 team fee

MEN: OPEN & MASTERS

WOMEN: OPEN & MASTERS

MIXED: 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**



American Heroes Randy Shughart and Gary Gordon

OFFICIAL ENTRY FORM

**GARY GORDON & RANDY SHUGHART MEMORIAL
POLICE, FIREFIGHTER, & MILITARY
NATIONAL CHAMPIONSHIPS**

**Friday, Saturday, & Sunday, July 5 - 7
Sanctioned by 100% RAW * Hosted by STRONG LIFE**



Name: _____

Address: _____

City, State, Zip: _____

Team / Gym _____

E-Mail _____

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

CIRCLE ONE:

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

PLEASE NOTE:

ALL lifters will automatically be “crossed over” to all eligible divisions for record purposes. In other words, an Open 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!

SERVICE INFORMATION (complete one line only):

Police Department (please include city, state, and dates of service)

Fire Department (please include city, state, and dates of service)

Branch of Service & Military Unit (please include dates of service)

**Fallen Service Member you are representing
(please include service information listed above on line two below)**

CONTINUED ON NEXT PAGE !!!

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**