

2024
100% RAW
TONY CONYERS EXTRAVAGANZA

Saturday, October 19
Hosted by Strong Life Tampa Bay



MEET DIRECTOR:

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

VENUE:

Strong Life Training Facility / Crossfit Jaguar
9509 N. Trask Street * Tampa, FL 33624

ELIGIBILITY:

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

ORDER OF LIFTING:

All LIFTERS will compete on Saturday, October 19

Heavier Classes will comprise Flight A
Lighter Classes will comprise Flight B
Flights will be determined at the Rules Clinic

SCHEDULE OF EVENTS:

Friday, October 18 * ALL Lifters

Early Weigh-Ins, Equipment Check, & Registration, ALL Saturday lifters
9:00 am to Noon @ Strong Life Tampa Bay / Crossfit Jaquar
3:00 pm to 7:00 pm @ Strong Life Tampa Bay / Crossfit Jaguar

Saturday, October 19 * ALL Lifters

Contest Weigh-In, Equipment Check, & Registration, ALL Saturday lifters
8:00 am to 9:00 am @ Strong Life Tampa Bay / Crossfit Jaguar

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

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:

**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, September 28

ENTRY FEES:

Individual: \$75.00, includes contest shirt and award

Team: \$75.00, includes team award

Please make checks payable to: "Strong Life Tampa Bay"

MAIL COMPLETED ENTRY & FEES 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.

TRAVEL:

Directions to the meet site can be found at google maps.

The venue address is:

9509 N. Trask Street * Tampa, FL 33624

LODGING:

Directions to the lodging can be found at google maps.

The hotel address and phone number are:

Comfort Suites Near Raymond James Stadium

5421 W. Waters Ave. * Tampa, FL 33634 * 813-880-8938

QUESTIONS:

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

ADMISSION:

Admission is \$5.00 per day for all spectators

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

OFFICIAL ENTRY FORM
100% RAW TONY CONYERS EXTRAVAGANZA
Saturday, October 19
Hosted by STRONG LIFE Tampa Bay



Name: _____

Address: _____

City, State, Zip: _____

Team / Gym _____

E-Mail _____

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

CIRCLE ONE:

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

Division: **Full Power** **Push/Pull** **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, 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, Strong Life Tampa Bay / Crossfit Jaguar, Spero Tshontikidis, Bill Beekley, 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:
Bill Beekley * 2424 W. Tampa Bay Blvd. * Unit A108 * Tampa , FL 33607
Individual Entry Fee: \$75.00, includes contest shirt and award
Team Entry Fee: \$75.00, includes team award**