

**2026**  
**TONY CONYERS EXTRAVAGANZA**



**CROSSFIT JAGUAR / STRONG LIFE**  
**TAMPA BAY**  
**TAMPA, FLORIDA, USA**

**SATURDAY, SEPTEMBER 26**  
**SANCTIONED BY 100% RAW**

**SPONSORED BY:**  
**CROSSFIT JAGUAR / STRONG LIFE**  
**TAMPA BAY / SL 610 MINISTRY**

**MEET DIRECTOR:**

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

**VENUE:**

Crossfit Jaguar \* 9509 N. Trask Street \* Tampa, FL 33624

**ORDER OF LIFTING:**

Order of Lifting will be determined by the entries received

**SCHEDULE OF EVENTS:**

**Friday, September 25**

Early Weigh-Ins, Equipment Check, & Registration  
5:00 pm to 7:00 pm @ Crossfit Jaguar / Strong Life Tampa Bay

**Saturday, September 26**

Contest Weigh-In, Equipment Check, & Registration  
8:00 am to 9:00 am @ Crossfit Jaguar / Strong Life Tampa Bay  
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](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 ...

**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

**TEAM CATEGORIES:**

**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 are 5 men and 5 women)

**ENTRY DEADLINE & CONTEST LETTER:**

Completed entry forms and fees must be received (not postmarked) no later than **Saturday, September 05**

Contest Letter with finalized Order of Lifting and Schedule of Events will be emailed to all registered lifters the week of **September 07**

**ENTRY FEES:**

**Please make checks payable to:**

**"SPERO TSHONTIKIDIS"**

**Please mail forms and fees to:**

**Spero Tshontikidis \* 1205 Flat Top Cove Road \* Gretna, VA 24557**

**Scan / Venmo Option:**

**PLEASE CALL SPERO (321-505-1194) PRIOR TO SENDING FEES VIA VENMO!**

Scan completed entry to: [stronglife610inc@gmail.com](mailto:stronglife610inc@gmail.com)

Venmo fees to: [Caryn Tshontikidis@Caryn-Tshontikidis](mailto:Caryn-Tshontikidis@Caryn-Tshontikidis)

**ENTRY FORM  
2026 TONY CONYERS EXTRAVAGANZA**

**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**

**ENTRY FEE**

**Choose One:**

<b>Just Lift</b>	<b>Lift only</b>	<b>\$30.00</b>
<b>Just a Shirt</b>	<b>Lift &amp; Shirt</b>	<b>\$45.00</b>
<b>Just an Award</b>	<b>Lift &amp; Award</b>	<b>\$60.00</b>
<b>I Want it All</b>	<b>Lift, Shirt, &amp; Award</b>	<b>\$75.00</b>

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**Scan completed entry to: [stronglife610inc@gmail.com](mailto:stronglife610inc@gmail.com)**  
**Venmo fees to: Caryn Tshontikidis@Caryn-Tshontikidis**

**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 100% RAW Powerlifting Federation, Crossfit Jaguar, Strong Life Tampa Bay, Space Coast Powerlifting, Strong Life 610 Ministry, Paul Bossi, Bill Beekley, Tony Conyers, Tim Burns, Baskal Korkis, Spero Tshontikidis, 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**