

**2007 "100% RAW" World Championships**  
***Saturday & Sunday, December 1 & 2, 2007***  
***Hosted by Eagle Powerlifting \* West Melbourne, Florida***

Dear Lifter,

Thank you very much for your interest in the 2007 "100% RAW" Teenage World Championships! As you requested, meet information and an official entry form are enclosed.

The contest is currently scheduled for Saturday and Sunday, December 1 and 2. It will be a one-platform meet limited to 40 lifters per day. Moreover, all entries must be received by Saturday, November 3, and late entries will not be accepted. Immediately following the entry deadline, registered lifters will receive a contest packet that includes a finalized contest roster, time schedule, order of lifting, and flight progression.

Two categories will be offered: RAW and 100% RAW. The RAW category is designed for lifters that wear a belt on at least one of the three competitive lifts; 100% RAW is available to lifters that do not wear a belt.

All lifters and teams will receive awards. In an effort to keep your costs down, you are offered the option of being awarded a medal as opposed to a World Championship Cup. Moreover, contest shirts will be available for \$15.00, but are not a required purchase. Finally, lifters can choose to "crossover" from any age group into the "Open Overall" division for an additional \$35.00.

If you have any questions, please feel free to call me at (321) 505-1194. Hope to see you at the Worlds!

God Bless,

*Spero*

**2007 "100% RAW" World Championships**  
***Saturday & Sunday, December 1 & 2, 2007***  
***Hosted by Eagle Powerlifting \* West Melbourne, Florida***

**Meet Director:** Spero Tshontikidis \* 4353 Collinwood Drive \* Melbourne, FL 32901  
(321) 505-1194 \* [tshontis@brevard.k12.fl.us](mailto:tshontis@brevard.k12.fl.us)

**Venue:** Central Middle School \* West Melbourne, FL

**Schedule of Events:**

Friday, November 31	Early Weigh-Ins	5:00 pm to 8:00 pm
Saturday, December 1	Contest Weigh-Ins	6:30 am to 8:00 am
	Rules Clinic	8:00 am to 8:30 am
	Flight A Warm-Ups	8:30 am to 9:00 am
	Lifting Starts	9:00 am

Same times for Sunday's lifting, 24 hours later!

**Travel Information:** *For those athletes flying into Florida, you can choose either the Orlando International Airport (approximately one hour driving time to the meet site) or the Melbourne International Airport (approximately ten minute driving time to the meet site).*

Traveling on I95 (North or South), take the US 192 exit (Exit 180) toward West Melbourne / Melbourne. Take the ramp toward West Melbourne. Turn onto US 192. Turn right onto Minton Road (CR 509 South). Turn left onto Wingate Blvd. Central Middle School will be the third school on your left.

**Lodging Information:** Lifters can choose from one of two hotels located at the US 192 exit off of I95: the Holiday Inn Express (321-724-2050) and the York Inn (321-724-5840). Both hotels have discounted rates for lifters and teams; the York Inn is the less expensive of the two. Be sure when making reservations to inform the hotel that you are affiliated with "Eagle Powerlifting" to receive the discounted rate.

**Restaurants:** Numerous restaurants are located on US 192, as well as a movie theatre and the Melbourne Square Mall.

**Beach:** Lifters staying for the weekend can enjoy our beaches on the Atlantic Ocean by simply following US 192 to the coast. From the hotel, the ocean is a fifteen minute drive.

**Rules & Records:** 100% RAW / American Teenage Powerlifting rules will govern this contest. Rules of performance will be reviewed at the Rules Clinic. Lifters can set state, national, and world records at this meet.

- Age Groups:**
- |            |                           |
|------------|---------------------------|
| Kids:      | 7-under, 8-9              |
| Youth:     | 10-11, 12-13              |
| Teenage:   | 14-15, 16-17, 18-19       |
| Junior:    | 20-24                     |
| Open:      | 25-29, 30-34              |
| Submaster: | 35-39                     |
| Master:    | 40-44, 45-49, 50-54, etc. |
- Weight Classes:**
- |          |  |
|----------|--|
| Men's:   | 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, 308+ |
| Women's: | 66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+                     |
- Contest Shirts:** Contest shirts may be purchased in advance for \$15.00. Be sure to circle shirt size(s) in the contest application!
- Awards:** All lifters and teams will receive awards. Lifters can choose between medals and cups. All teams will receive awesome, customized awards.
- Individual Entry Fee:**
- |  |                |
|--|----------------|
| <b>Medal Option:</b>   | <b>\$35.00</b> |
| <i>Includes medal (\$10.00), venue costs (\$10.00), drug testing costs (\$10.00) and staff lodging/meals (\$5.00)</i>  |                |
| <b>Cup Option:</b>   | <b>\$50.00</b> |
| <i>Includes plaque (\$25.00), venue costs (\$10.00), drug testing costs (\$10.00) and staff lodging/meals (\$5.00)</i> |                |
- Team Entry Fee:** \$50.00 (Men's, Women's, Mixed)
- 100% RAW Membership:** 100% RAW members must present a current membership card at registration. Cards will be sold (\$10.00 for lifters under age 20 and \$25.00 for adults) at registration for new members.
- Contest Application:** Be sure to include proof of age with your completed entry!
- Entry Deadline:** Completed entry form and fees must be received (not postmarked) no later than Saturday, November 3, 2007. This allows for a more organized contest; absolutely no late entries will be accepted!
- Contest Packets:** All lifters will receive a contest packet immediately following the November 3 entry deadline. Packets include the finalized contest roster, time schedule, order of lifting, and flights.
- Questions:** Call Spero at (321) 505-1194.

**OFFICIAL ENTRY FORM**  
**2007 "100% RAW" World Championships**  
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Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Area Code & Phone Number: \_\_\_\_\_

Team & Coach (if applicable): \_\_\_\_\_

**CIRCLE ONE (may circle up to two "age groups" and order numerous "contest shirt" sizes):**

**Gender:**      Female              Male

<b><u>Age Group(s):</u></b>	Kids:	7-under	8-9		
	Youth:	10-11	12-13		
	Teenage:	14-15	16-17	18-19	
	Junior:	20-24			
	Open:	25-29	30-34		
	Submaster:	35-39			
	Master:	40-44	45-49	50-54	_____

Open Overall: *any age may "crossover" and enter the open overall division*

**Category:**      RAW (belt)      100% RAW (no belt)

**Division:**      Full Power      Bench Only      Deadlift Only      Bench/Deadlift

**Weight Class:** Women:      66 77 88 97 105 114 123 132 148 165 181 198 198+

Men:      66 77 88 97 105 114 123 132 148 165 181 198 220  
242 275 308 308+

**Meet Shirt Size (optional, \$15.00 each):**      S      M      L      XL      XXL      XXXL

**Entry Fee (circle all applicable fees):**

<b>Medal Option:</b>	<b>\$35.00</b>	<b>Cup Option:</b>	<b>\$50.00</b>
Crossover Option:	\$35.00	Crossover Option	\$35.00
Contest Shirt	\$15.00	Contest Shirt	\$15.00

**Total Fee Enclosed: \$ \_\_\_\_\_**

**Total Fee Enclosed: \$ \_\_\_\_\_**

*Please make check or money order payable to: **Spero Tshontikidis**, 4353 Collinwood Drive, Melbourne, FL 32901*

**ATHLETES MUST COMPLETE AND SIGN THE RAW RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND THE PARENTAL CONSENT AGREEMENT ("AGREEMENT")**

**Release, Waiver of Liability, Assumption of Risk, Indemnity, and Parental Consent Agreement ("agreement")**

In consideration of being permitted to participate in a 100% RAW ("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.

**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**: there may be **OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES** either not known to me or not readily foreseeable at this time: and **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.

**HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the 100% RAW Powerlifting Federation, Spero S. Tshontikidis, the Brevard Public Schools, Central Middle School, Eagle Powerlifting, 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 100% RAW Powerlifting Federation, (each considered one of the "RELEASES" 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 of the Release's, **I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASES** from any litigation expense, attorney fees, loss, liability, damage, or cost which may incur as a result of such claim.

**Drug Testing Statement, Agreement, and Release of Liability**

I give my word as an athlete that I have not utilized any type of strength-inducing chemicals (anabolic steroids, growth hormone, etc.) for the past five years (**December 1, 2002 to December 1, 2007**).

**In consideration of the acceptance of this entry, I agree to any test method deemed necessary by the meet director(s) and that the results of said testing method which the meet director(s) and/or sponsors of this meet use to detect the presence of the strength inducing drugs may be released to any third party(ies) and I generally and specifically waive any right to privacy if any, related there to.**

I hereby waive and release, intending to be legally bound for myself, my executors, administrators, and heirs, all rights and claims for damages I may have against Spero Tshontikidis, the Brevard Public Schools, Central Middle School, Eagle Powerlifting, and all parties associated with the **2007 "100% RAW" World Championships** as a result of testing positive for the utilization of strength-inducing chemicals.

**My entry into the 2007 "100% RAW" World Championships constitutes my consent to the testing procedures; and, if any such results test positive, I understand that I shall be disqualified from the pertinent competition and suspended for a period to be fixed by the meet director(s).**

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Printed name of participant: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Participant's signature (parent must sign below if under age 18): \_\_\_\_\_ 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 RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING 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 RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Printed name of parent or guardian: \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

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

Parent signature (only if participant is under age 18): \_\_\_\_\_ Date: \_\_\_\_\_

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***Team Entry Form***

Name of Team: \_\_\_\_\_

Hometown: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Division(s) Entered ( <i>circle</i> ):	Men's Kids	Women's Kids	Mixed Kids
	Men's Youth	Women's Youth	Mixed Youth
	Men's Teen	Women's Teen	Mixed Teen
	Men's Open	Women's Open	Mixed Open
	Men's Master	Women's Master	Mixed Master
	Men's Overall	Women's Overall	Mixed Overall

Team Members: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Additional lifters can be entered on a separate page and stapled to this page. Finalized team rosters (teams can score up to ten lifters and are limited to two lifters per weight class) will be turned in immediately following the Rules Clinic prior to Saturday's lifting. Teams must have a minimum of 5 lifters; mixed teams can consist of up to 5 men and 5 women.

Team entry fee is \$50.00 (made payable to Spero Tshontikidis). All teams will receive awesome, customized awards.