

R.A.W. UNITED, INC.
proudly presents:



UNITED WE STAND
TAMPA CLASSIC

SUNDAY, APRIL 18
SHORT FITNESS CENTER * MacDILL AFB
TAMPA, FLORIDA



Dear Lifter,

Thank you very much for your interest in the 2010 United We Stand Tampa Classic sanctioned by R.A.W. United, Inc.! Proceeds from the meet will be utilized to fund meets for soldiers serving in Iraq and Afghanistan.

The individual entry fee for the 2010 United We Stand Tampa Classic is just \$25.00, and lifters will be afforded a contest shirt and award. Competitors must possess a 2010 R.A.W. United membership card to participate; lifters that do not possess a current membership card can purchase one for only \$10.00 at registration.

Two divisions will be offered at the 2009 United We Stand Tampa Classic: IRONMAN and RAW. The IRONMAN division is tested and is open to lifters that wear a non-supportive singlet and a leather belt (Velcro belts are not permitted). Lifters competing in the RAW division can also utilize non-fastening knee sleeves and wrist wraps. All IRONMAN contestants will be placed in the RAW division at no additional charge. In addition, all lifters will be placed in both their age group and the "Open Overall" at no additional charge. Please note that this is a full power meet (squat, bench, and deadlift), however, competitors can also choose to perform as a push/pull (bench and deadlift) or single lift contestant.

In addition, the contest will be a one-platform meet, and all entries must be received by Saturday, March 26; 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.

If you have any questions, please feel free to call me at (321) 505-1194. Thanks again, and I hope to see you on the platform!

God Bless, Spero

**GENERAL INFO:
2010 UNITED WE STAND TAMPA CLASSIC**

- Meet Director:** Spero Tshontikidis * THE GYM * 2300 Avocado Avenue, Suite E * Melbourne, FL 32935 * (321) 505-1194 * rawunited@cfl.rr.com
- Venue:** Short Fitness Center * 8115 Cypress Stand Drive * MacDill Air Force Base 33621 * 813-828-4496
- Schedule of Events:**
- | | | |
|-------|-------------------------|--------------|
| 04/17 | Early Weigh-Ins | 1600 to 1900 |
| 04/18 | Contest Weigh-Ins | 0730 to 0900 |
| | Rules Clinic, Session I | 0900 to 0915 |
| | Flight A Warm-Ups | 0915 to 1000 |
| | Lifting Starts | 1000 |
- Travel Information:** Directions to the meet site can be obtained at mapquest.com. The meet site address is: Short Fitness Center * 8115 Cypress Stand Drive * MacDill Air Force Base 33621
- Lodging Information:** Quality Inn Midtown * 1020 S. Dale Mabry * Tampa, FL 33629 * 813-254-3005
- Rules:** R.A.W. United rules will govern this contest. Rules of performance will be reviewed at the Rules Clinic.
- Age Groups:**
- | | |
|------------|---------------------------|
| Kids: | 7-under, 8-9 |
| Youth: | 10-11, 12-13 |
| Teenage: | 14-15, 16-17, 18-19 |
| Junior: | 20-24 |
| Senior: | 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+**
- Awards:** All lifters will receive a contest shirt and award as part of their entry; all registered teams will receive awesome, customized awards.
- Attire:** Athletes may choose to wear a non-supportive singlet or non-supportive gym shorts (do not wear short pants, bathing suits, etc.). ALL lifters must wear a t-shirt when on the competitive platform and shirts must be tucked in on the platform. In addition, lifters are not permitted to wear "cut-off" sleeveless shirts or tank tops.

Individual Entry Fee: \$25.00 Entry includes contest shirt and award

Team Fee: \$25.00 All teams will receive a customized award

Men's, Women's, and Mixed

Teams must consist of at least five lifters and no more than 10 lifters (no more than two lifters in the same weight class). **Mixed teams** can enter a maximum of 5 men and 5 women.

Make checks or money orders payable to: R.A.W. United, Inc.

*Mail completed entry form and fee to: THE GYM * 2300 Avocado Avenue, Suite E * Melbourne, FL 32935*



Membership: Lifters that do not possess a current card must purchase a R.A.W. UNITED card at registration (only \$10.00).

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, March 26, 2010. 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 March 26 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: 2010 R.A.W. UNITED
United We Stand Tampa Classic

Name: _____

Street Address: _____

City, State, Zip Code: _____

Area Code & Phone Number: _____

Team & Coach (if applicable): _____

E-Mail Address: _____

CIRCLE ONE:

Gender: Female Male

Age Group: 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 _____

Category: IRONMAN RAW

Division: Full Power Bench/Deadlift Single Lift: _____

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+

Entry Fee:

\$25.00 **Shirt Size:** _____ **Total Fee Enclosed: \$** _____

*Please make check or money order payable to: R.A.W. United,
Mail completed entry and fee to: R.A.W. United, Inc. * c/o THE GYM * 2300 Avocado Avenue, Suite E *
Melbourne, FL 32935*

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 R.A.W. United ("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 "RELEASEES" 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 R.A.W. United, Inc., Spero S. Tshontikidis, THE GYM, Short Fitness Center, MacDill AFB, 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 by R.A.W. United, Inc., (each considered one of the "RELEASEES" 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 "RELEASEES" 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 RELEASEES** 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 (Does not pertain to RAW Division Lifters)

I give my word as an athlete that I have not utilized any type of strength-inducing chemicals (anabolic steroids, growth hormone, etc.) since September 11, 2001. **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 R.A.W. United, Inc., Spero S. Tshontikidis, THE GYM, MacDill AFB, Short Fitness Center, any and all contest staff members, and all parties associated with the **2010 United We Stand Tampa Classic** as a result of testing positive for the utilization of strength-inducing chemicals. **My entry into the 2010 United We Stand Tampa Classic 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: _____