

RAMS POWER DAY

PRESENTED BY: VO-TECH RAMS Football

DATE: SATURDAY, MARCH 16, 2024

PLACE: COLUMBIA MONTOUR VO-TECH SCHOOL

5050 SWEPENHEISER DR. BLOOMSBURG, PA 17815

TIME: EARLY WEIGH-INS: FRIDAY, MARCH 15 , 4:00-7:00PM (AT SCHOOL)

DAY OF MEET: WEIGH –INS: 7:30-8:30AM

RULES MEETING: 9:00AM

LIFTING STARTS: 9:30AM

WEIGHT CLASSES: BOYS: Youth, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

GIRLS: Youth, 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

ELIGIBILITY: MUST BE CURRENTLY ENROLLED IN SCHOOL (Open to elementary, middle, high school)

LIFTS: BENCH PRESS/ DEADLIFT (These are separate events)

INDIVIDUAL AWARDS: 1st thru 3rd (each weight class bench/deadlift)

TEAM AWARDS: 1st thru 3rd Boys and Girls (Points from both events grades 9 thru 12 will count toward overall team trophies)

FEES/DIVISIONS: \$35 for BENCH ONLY, \$35 for DEADLIFT ONLY, \$60 for BOTH (bench/deadlift divisions)

T-SHIRTS: !!!! Registration by MARCH 11th for BOTH lifts will receive a FREE t-shirt!!!!(while supplies last)

T-SHIRTS will be available DAY OF MEET: for \$10 /\$12 for XXL

SPECTATOR FEE: \$5 Adults / Students & Children FREE

DEADLINE: ENTRY FORMS MUST BE RECEIVED BY MARCH 9, 2024 NO LATE REGISTRATIONS OR WALK-INS

(Bench shirts and deadlift suits are permitted. Singlets or regular fitting shorts MUST be worn.

Baggy shorts/jeans/sweats NOT ALLOWED! Does not have to be compression shorts)

QUESTIONS ?: email: RamsPowerDay@gmail.com / Call: **Marcus Coulter (570)441-2514**

Mark Varner (570)764-5574 or mvarner@cmvt.us

Make checks payable: CMAVTS Football

Mail to : *Marcus Coulter, 503 Clover Ct., Bloomsburg, PA 17815*

ENTRY FORM

Return this page along with check/cash

****DEADLINE: MARCH 9th, 2024****

WEIGHT CLASS: (*circle one*) BOYS: Youth, 123, 132, 148, 165, 181, 198, 220, 242, 275, SHW

GIRLS: Youth, 97, 105, 114, 123, 132, 148, 165, 181, 198, SHW

CHECK APPROPRIATE DIVISION: _____BENCH(\$35) _____DEADLIFT(\$35) _____BOTH(\$60)

FREE T-Shirt with entry for BOTH lifts if received by: MARCH 9, 2024!!

SIZE: (CIRCLE ONE) S, M, LG, XL, 2XL (LIMIT ONE PER COMPETITOR)

NAME: _____

HIGH SCHOOL: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

AGE: _____ GRADE: _____

DATE OF BIRTH: _____

PHONE NUMBER: () _____

EMAIL: _____

RELEASE FROM LIABILITY

I/We hereby release the Columbia-Montour Area Vocational Technical School ("CMAVTS"), its staff and board from any and all liability which may arise as a result of the conduct of [the activity... "the subject powerlifting tournament"] and any activities associated therewith. Further, I/We hereby agree to indemnify and hold the CMAVTS harmless from and against any and all liability (including court costs, attorney's fees and expert witness fees) which may be asserted against CMAVTS by any entity as a result of the conduct of [the activity... "the subject powerlifting tournament"] and any activities associated therewith."

COMPETITOR'S SIGNATURE: _____

_____ Date: _____

PARENT OR LEGAL GUARDIAN: _____

_____ Date: _____