

# RAMS POWER DAY

*PRESENTED BY: VO-TECH RAMS FOOTBALL*

**DATE:** SATURDAY, MARCH 15, 2025

**PLACE:** COLUMBIA MONTOUR VO-TECH SCHOOL

5050 SWEPENHEISER DR. BLOOMSBURG, PA 17815

**TIME:** EARLY WEIGH-INS: FRIDAY, MARCH 14, 4:00-7:00PM (AT SCHOOL)

**DAY OF MEET:** WEIGH –INS: 8:00-8:30AM

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:** 1<sup>st</sup> thru 3<sup>rd</sup>(each weight class bench/deadlift)

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

**TEAM AWARDS:** IF YOU WANT TO REGISTER AS A TEAM THERE WILL BE A \$50 entry fee PER TEAM (10 lifter roster plus 2 alternates for both bench/deadlift must be received no later than morning of the meet) \*\*

**T-SHIRTS:** \$10/\$12 for XXL or larger. If you register by **MARCH 8th** for **BOTH** lifts you will receive a FREE t-shirt. If registering for single lifts, add \$10 to entry fee. \*\*T-SHIRTS WILL BE AVAILABLE DAY OF MEET (while supplies last) \*\*

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

**DEADLINE:** ENTRY FORMS **MUST** BE RECEIVED BY **MARCH 8th, 2025** NO LATE REGISTRATIONS OR WALK-INS

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

**Mark Varner (570)764-5574** or [mvarner@cmvt.us](mailto: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 8<sup>th</sup>, 2025\*\***

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 8<sup>th</sup>, 2025**

**\*\*IF ONLY ENTERING A SINGLE LIFT, AND WANT A TSHIRT, ADD \$10 TO TOTAL.\*\***

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

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

AGE: \_\_\_\_\_ GRADE: \_\_\_\_\_

HIGH SCHOOL: \_\_\_\_\_

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: \_\_\_\_\_