

2023 Lift-a-Thon



What: 23rd Annual Taylorville Tornadoes Lift-A-Thon

Where: Taylorville High School, West Gym

When: Saturday, February 25

Time: 9:00 start time

: 8:30 Registration and Weigh-in (please be prompt)

: 8:50 Rules Meeting and Welcome

: 9:00 Warm-ups

Cost: \$10.00 per lifter

(checks can be made out to Gridiron Club, Inc.)

Bench! Squat! Clean!

Coach,

The Taylorville High School Tornadoes will be hosting their annual power lifting meet on Saturday, Feb 25. We gladly extend this invitation to you and your kids to join us this year. In years past, we have hosted schools such as Chatham, Jacksonville, Limestone, Rantoul, Lincoln, Central A&M, Jerseyville, Mattoon, Bethalto and Sullivan. In previous years, we have coordinated up to 150 athletes and competitors. As in the past, we always try to make each event run as smoothly as possible and this year is no different.

Rules/Events

1. Squat: Athletes must have the hip even with the knee (top of thigh parallel to floor)
Athletes will not get an "Up" command from a judge, but may get help from a teammate
Judges are told to be very strict in the later attempts to maintain the integrity of the event
2. Clean: Athletes can either go from the Hip, hang position or power clean from the floor
No straps will be allowed
Athletes must stand up and control the weight in order for the attempt to count
Athletes must also control the weight as they take the weight back to the floor
3. Bench: Athletes will be able to get a lift-off to start the attempt
Athletes must touch the bar to the chest (butt can come off the bench)
Athletes must keep both feet on the floor

The Competition

- 2 Divisions-** JV division (athletes entering sophomore and junior season)
- Varsity division (**Athletes who will be seniors next year, not this year's seniors**)

Weight Classes- Each division will be divided up into 9 weight classes (determined upon weight at time of registration) Weight classes will be determined as evenly as possible.

Awards

Winners from each weight class from both divisions will be determined by total weight lifted in all three lifts. We will have a total of 9 weight classes, and we will award all 9 classes.

1st, 2nd, 3rd of each weight class will be awarded (JV will get medallions, Varsity will Get Trophies)

"Lifter of the Meet MVP"- athlete with the best total lift weight/body weight ratio

"Team Winners"- each team represented will have the ability to pre-select eight athletes to compete in team competition. At the end of the day, the total weight lifted for all eight athletes will be compiled, and the eight athletes will the highest total wins (you do not have to have eight athletes for this award)

Sign-up sheet on next page

Team: _____

Coach: _____

Lifters:

1. _____

14. _____

2. _____

15. _____

3. _____

16. _____

4. _____

17. _____

5. _____

18. _____

6. _____

19. _____

7. _____

20. _____

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21. _____

9. _____

22. _____

10. _____

23. _____

11. _____

24. _____

12. _____

25. _____

13. _____

26. _____

Coach

1. You can email the sign-up sheet to the following address: jodam@tcusd3.org or tornadoesfootball@gmail.com

2 . You can fax the sigh- up sheet to the following number- 217-824-3352 attention: Jeb Odam

2. You can bring the form with you to the meet (however, we prefer the top 2 options)

