2025 Steubenvlle Catholic Central Crusader Lift-A-Thon
Grades 6-12
Monday, March 17, 2025

27 Awards will be given!
*1st, 2nd, 3rd Place winners in EACH grade overall bench press!
*1st, 2nd, 3rd Place winners for OVERALL Top Money Raisers!
*1st, 2nd, 3rd Place winners OVERALL Top Bench Press Over Body Weight!

*In order to be eligible for an award and to receive a t-shirt, a participant must receive a minimum of $40 in donation/pledge totals.

*Get 5-10 (or more) individual pledges either .05 or .10 for every pound you bench press. Example) an individual pledges .10 per pound to you. You bench press 250 lbs. 250 x .10 = $25.00 collected from the individual. You may also get FLAT donations.

*All money is to be collected by March 31, 2025 and handed into Coach Meek. Checks can be made out to CCHS.
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Athlete's Name:
Grade:
Body Weight on March 17:
Bench Press on March 17:
T-Shirt Size:

Pledge's Name	Amount Pledged per lb. (.05, .10, etc or flat donation)	Amount Collected