

# POWER LLAMA SOM+COMP

3 APR



2021

JOIN US FOR THE **FIRST ANNUAL** SPECIAL OPERATIONS MEDIC COALITION  
VIRTUAL **POWERLIFTING FUNDRAISER!**

YOU WILL PERFORM 3 LIFTS (SQUAT, BENCH PRESS, & DEADLIFT) AND RECORD EVERY LIFT.

SUBMIT THE HEAVIEST+BEST FORM LIFT TO BE JUDGED USING  
THE THROWDOWN PLATFORM.

BAD LIFTS WILL BE EXCLUDED AND JUDGES  
WILL REQUEST YOUR NEXT BEST LIFT.

**\$45**

ENTRY FEE

T-SHIRT INCLUDED WITH ENTRY!



SCAN ME