

M F

RAW SING.PLY MULTI

FP SLS SLB SLD PP

OPEN TEEN JR SUBM MAST

WT CLS BWT PLACE BEST LIFTER

	1st	2nd	3rd	BEST LIFTS
SQUAT	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
BENCH	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
DEADLIFT	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

KILOS ONLY

**DO NOT INCLUDE 4TH ATTEMPTS IN TOTAL

TOTAL

4th

SQUAT

BENCH

DEADLIFT

RECORDS



<MALE OR FEMALE WHITE BOX FOR LIFTER'S NAME

<RAW SINGLE-PLY MULTI-PLY

<FULL POWER, SINGLE LIFT SQUAT, SINGLE LIFT BENCH, SINGLE LIFT DEADLIFT, PUSH-PULL

<DIVISIONS: OPEN/TEEN/JUNIOR/SUBMASTER/MASTER

<WEIGHT CLASS BODYWEIGHT 1ST 2ND OR 3RD PLACE

<WHITE BOX: ENTER EVENT CHECKED OFF ABOVE

<ALL ATTEMPTS ARE IN KILOS. CIRCLE A GOOD LIFT, PUT A LINE THRU A BAD LIFT. FULL POWER: WHEN ALL ATTEMPTS ARE DONE, PUT THE BEST ATTEMPTS OF THE SQUAT, BENCH & DEADLIFT IN THE BEST LIFT BOXES. ADD ALL BEST LIFTS TOGETHER, THEN ENTER THE TOTAL IN THE TOTAL BOX.

SINGLE-LIFTS: PUT THE BEST ATTEMPT IN THE BEST LIFT BOX & THE TOTAL BOX.

PUSH-PULL: DO THE SAME FOR THE TWO LIFTS, BENCH AND DEADLIFT, AS YOU DO FOR THE FULL POWER.

<THE ONLY WAY A LIFTER GETS A 4TH ATTEMPT: HE/SHE HAS TO HAVE MADE A GOOD 3RD ATTEMPT & THE LIFTER HAS TO SHOW THE ANNOUNCER & HEAD REF THERE IS A RECORD AVAILABLE. 4TH ATTEMPTS ARE NOT INCLUDED IN THE TOTAL.

<NAME, DATE, LOCATION OF MEET