

Membership Confirmed _____
 T-Shirt Size(s) _____
 T-Shirt(s) Received _____
 Equipment Check _____

SCORE CARD

Lot Number _____

Lifters: DO NOT WRITE ANYTHING ON CARD

Height of Squat Rack _____
 Squat Rack: In ___ Out ___
 Height of Bench Rack _____
 Height of Bench Safety _____

Competitor's Name _____ Weight Class _____ kg Body Weight _____ kg Wilks Coefficient _____ Age x Wilks _____
 City, State _____ Age _____ Birthday ____/____/19____ Division = _____

	1 st Attempt	2 nd Attempt	3 rd Attempt		
Squat:	_____ kg	_____ kg	_____ kg	Best Squat	_____ kg
Bench Press:	_____ kg	_____ kg	_____ kg	Best Bench	_____ kg
				Sub-Total	_____ kg
Deadlift:	_____ kg	_____ kg	_____ kg	Best Deadlift	_____ kg
					_____ kg
Coefficient Total =	Place as Best Lifter	Class/Division Place		Total	_____ kg

jmw
1-13

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