

Score Card Instructions

Information filled out by meet director prior to meet (no later than day before contest) in **yellow**

- lot numbers often assigned by person running scoring program

Information filled out by meet personnel when lifter checks in for contest in **blue**

- lifter may be required to show membership card (or proof of purchase) and photo ID at check-in
- T-shirts normally distributed at check-in; membership purchase available at check-in

Information filled out by referee at equipment check in **green**

- lifter may be required to show membership card (or proof of purchase) and photo ID at equipment check

Information filled out by referee at weigh-in in **pink**

- lifter must submit opening attempts for SQ/BP/DL and all rack heights at weigh-in
 - note: technical secretary or meet director might require that rack heights be submitted elsewhere (i.e., not at weigh-in)
- lifter must have membership card (or proof of purchase) and photo ID at weigh-in

Information filled out by scorer in **gray**

Score card chain of custody:

- meet director prints off score cards and fills in appropriate information prior to meet
- lifters are given score card at check-in and bring it with them (first to equipment check and then to weigh-in)
- lifters should be instructed not to write anything on the score card (only designated meet officials should write on card)
- score cards are given to referee at weigh-in and must not be given back to lifters after they have weighed in
- weigh-in referee submits score cards to scoring official
- scoring official retains score cards and fills in information accordingly throughout the course of the meet
- after the meet is over, scoring official gives all completed score cards to meet director to retain in his/her meet records
- meet director should retain score cards indefinitely as they are a hard copy backup of official meet results

Membership Confirmed 	<h3 style="margin: 0;">SCORE CARD</h3> Lot Number 	Height of Squat Rack Squat Rack: In Out Height of Bench Rack Height of Bench Safety
Lifters: DO NOT WRITE ANYTHING ON CARD		

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