COMPETITORS: FILL OUT NAME AND FIRST ATTEMPTS IN KG

	1 st ATTEMPT – <u>IN KG</u>	
Squat		
Bench Press		
Deadlift		
WEIGHLIN OFFICAL	USE BELOW ONLY	
WEIGH-IN OFFICAL	OSE BELOW ONLY	
Body Wt.:	Bench Rack: Squat Rack:	
COMPETITORS:	FILL OUT NAME AND FIRST A	
	FILL OUT NAME AND FIRST A	
	FILL OUT NAME AND FIRST A	
	FILL OUT NAME AND FIRST A	
Name:	FILL OUT NAME AND FIRST A	

Body Wt.:_____ Bench Rack: _____ Squat Rack:____

