

**POWERLIFTING COMPETITION**



<b>Competition Name:</b>								
<b>Competition Date:</b>								
NAME					BWT		LOT No.	
CLUB REGION					SQUAT		B / PRESS	
					<u>PIN</u>		<u>PIN</u>	
SQUAT	RACKS IN <input type="checkbox"/> OUT <input type="checkbox"/>	1	2		3			
BENCH PRESS	LIFT OFF CENTRE <input type="checkbox"/> SIDE <input type="checkbox"/>	1	2		3			
DEAD LIFT	X		1	2		3		
4th ATTEMPT								
WILKS			PLACE			TOTAL		

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