

Athlete Information

Name _____

Body Weight - (Lbs -) (Kilos-)

BEST MEET SQUAT -

PROJECTED OPENER –	ACTUAL OPENER -
PROJECTED 2 ND SQUAT	ACTUAL 2 ND SQUAT
PROJECTED 3 RD SQUAT	ACTUAL 3 RD SQUAT
PROJECTED TOTAL AFTER SQUAT -	ACTUAL TOTAL AFTER SQUAT -

BEST MEET BENCH –

PROJECTED OPENER –	ACTUAL OPENER -
PROJECTED 2 ND BENCH	ACTUAL 2 ND BENCH
PROJECTED 3 RD BENCH	ACTUAL 3 RD BENCH
SUBTOTAL -	

BEST MEET DEADLIFT -

PROJECTED OPENER –	ACTUAL OPENER -	TOTAL
		<input type="text"/>
PROJECTED 2 ND D-LIFT	ACTUAL 2 ND D-LIFT	TOTAL
		<input type="text"/>
PROJECTED 3 RD D-LIFT	ACTUAL 3 RD D-LIFT	TOTAL
		<input type="text"/>
4 TH D-LIFT (AS NEEDED) -		TOTAL
		<input type="text"/>
FINAL TOTAL -		PLACE -

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Name _____

Body Weight - (Lbs -) (Kilos-)

BEST MEET SQUAT -

PROJECTED OPENER –	ACTUAL OPENER -
PROJECTED 2 ND SQUAT	ACTUAL 2 ND SQUAT
PROJECTED 3 RD SQUAT	ACTUAL 3 RD SQUAT
PROJECTED TOTAL AFTER SQUAT -	ACTUAL TOTAL AFTER SQUAT -

BEST MEET BENCH –

PROJECTED OPENER –	ACTUAL OPENER -
PROJECTED 2 ND BENCH	ACTUAL 2 ND BENCH
PROJECTED 3 RD BENCH	ACTUAL 3 RD BENCH
SUBTOTAL -	

BEST MEET DEADLIFT -

PROJECTED OPENER –	ACTUAL OPENER -	TOTAL
		<input type="text"/>
PROJECTED 2 ND D-LIFT	ACTUAL 2 ND D-LIFT	TOTAL
		<input type="text"/>
PROJECTED 3 RD D-LIFT	ACTUAL 3 RD D-LIFT	TOTAL
		<input type="text"/>
4 TH D-LIFT (AS NEEDED) -		TOTAL
		<input type="text"/>
FINAL TOTAL -		PLACE -