

| Name | | Prov/City/School/Team | | Flight |
|-------------------------------------|-------------------|---|-----|---------|
| Bodyweight | Weight Class | Category | Sex | Lot No. |
| Squat Rack Height Out () In () | Bench Rack Height | Foot Blocks for Bench Yes () No () | | Age |
| Squat | Bench | Deadlift | | |
| 1/ | 1/ | 1/ | | |
| 2/ | 2/ | 2/ | | |
| 3/ | 3/ | 3/ | | Total |
| | | 3a/ | | |
| | | 3b/ | | |
| 4/ | 4/ | 4/ | | |

| Name | | Prov/City/School/Team | | Flight |
|-------------------------------------|-------------------|---|-----|---------|
| Bodyweight | Weight Class | Category | Sex | Lot No. |
| Squat Rack Height Out () In () | Bench Rack Height | Foot Blocks for Bench Yes () No () | | Age |
| Squat | Bench | Deadlift | | |
| 1/ | 1/ | 1/ | | |
| 2/ | 2/ | 2/ | | |
| 3/ | 3/ | 3/ | | Total |
| | | 3a/ | | |
| | | 3b/ | | |
| 4/ | 4/ | 4/ | | |

| Name | | Prov/City/School/Team | | Flight |
|-------------------------------------|-------------------|---|-----|---------|
| Bodyweight | Weight Class | Category | Sex | Lot No. |
| Squat Rack Height Out () In () | Bench Rack Height | Foot Blocks for Bench Yes () No () | | Age |
| Squat | Bench | Deadlift | | |
| 1/ | 1/ | 1/ | | |
| 2/ | 2/ | 2/ | | |
| 3/ | 3/ | 3/ | | Total |
| | | 3a/ | | |
| | | 3b/ | | |
| 4/ | 4/ | 4/ | | |

| Name | | Prov/City/School/Team | | Flight |
|-------------------------------------|-------------------|---|-----|---------|
| Bodyweight | Weight Class | Category | Sex | Lot No. |
| Squat Rack Height Out () In () | Bench Rack Height | Foot Blocks for Bench Yes () No () | | Age |
| Squat | Bench | Deadlift | | |
| 1/ | 1/ | 1/ | | |
| 2/ | 2/ | 2/ | | |
| 3/ | 3/ | 3/ | | Total |
| | | 3a/ | | |
| | | 3b/ | | |
| 4/ | 4/ | 4/ | | |