

LHSPLA LIFTER'S CARD

NAME:				WT. CLASS			
SCHOOL:				BODY WT.			
WEIGH-IN OFFICIAL:				LIFTER'S INITIALS:			
				COACHES INITIALS:			
LIFT	1ST ATT.	2ND ATT.	3RD ATT.	BEST LIFT			
SQUAT							
BENCH							
DEADLIFT							
RACK HEIGHT:				TOTAL			
DEADLIFT CHANGES	2ND ATTEMPT			3RD ATTEMPT			
	#1	#2		#1	#2		

LHSPLA LIFTER'S CARD

NAME:				WT. CLASS			
SCHOOL:				BODY WT.			
WEIGH-IN OFFICIAL:				LIFTER'S INITIALS:			
				COACHES INITIALS:			
LIFT	1ST ATT.	2ND ATT.	3RD ATT.	BEST LIFT			
SQUAT							
BENCH							
DEADLIFT							
RACK HEIGHT:				TOTAL			
DEADLIFT CHANGES	2ND ATTEMPT			3RD ATTEMPT			
	#1	#2		#1	#2		