

LHSPLA OFFICIAL ENTRY FORM - GIRLS

COACHES NAME:

HIGH SCHOOL:

CLASS:

SCHOOL ADDRESS:

E-MAIL:

CITY:

ZIP CODE:

PHONE# -- SCHOOL:

HOME:

WEIGHT CLASS	LIFTER'S NAME	BODY WEIGHT	FIRST ATTEMPT		
			SQUAT	BENCH	DEAD
97 LB.					
97 LB.					
105 LB.					
105 LB.					
114 LB.					
114 LB.					
123 LB.					
123 LB.					
132 LB.					
132 LB.					
148 LB.					
148 LB.					
165 LB.					
165 LB.					
181 LB.					
181 LB.					
198 LB.					
198 LB.					
220 LB.					
220 LB.					
SHW					
SHW					