

LHSPLA LIFTER'S CARD

NAME:			WT. CLASS	
SCHOOL:			BODY WT.	
WEIGH-IN OFFICIAL INITIALS			LIFTERS 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

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