

# BRITISH POWERLIFTING ORGANISATION

**FLIGHT** | \_\_\_\_\_ **M / W** \_\_\_\_\_ **Date Of Birth** \_\_\_\_\_

**NAME:** \_\_\_\_\_

**TOWN/CITY/COUNTRY:** \_\_\_\_\_ **Age** \_\_\_\_\_

**ACTUAL BODYWEIGHT:** \_\_\_\_\_

**WEIGHT CLASS:** \_\_\_\_\_

	SQ.	BP.	DL.		4TH ATTEMPT
<b>1</b>					<b>SQ:</b> _____
<b>2</b>				<b>TOTAL</b>	<b>BP:</b> _____
<b>3</b>					<b>DL:</b> _____

**HEIGHT SQUAT RACK:** \_\_\_\_\_ **Hands** \_\_\_\_\_ **IN / OUT** \_\_\_\_\_

**HEIGHT BENCH STANDS:** \_\_\_\_\_ **MCCULLOUGH** \_\_\_\_\_

**WILKES** \_\_\_\_\_ **POINTS:** \_\_\_\_\_ **POSITION:** \_\_\_\_\_

**LIFTERS SIGNATURE:** \_\_\_\_\_