Squat One	Squat Two	Squat Three
(only required for opener changes)		
Name:	Name:	Name:
Weight	Weight	Weight
Signature:	Signature:	Signature:
(lifter or coach)	(lifter or coach)	(lifter or coach)
Bench Press One	Bench Press Two	Bench Press Three
(only required for opener changes)		
Name:	Name:	Name:
Weight	Weight	Weight
Signature:	Signature:	Signature:
(lifter or coach)	(lifter or coach)	(lifter or coach)
Dealift One	Deadlift Two	Deadlift Three
(only required for opener changes)		
Name:	Name:	Name:
Weight	Weight	Weight
Signature:	Signature:	Signature:
(lifter or coach)	(lifter or coach)	(lifter or coach)
	Deadlift Three	Deadlift Three
	first change	second change
	Name:	Name:
	Weight	Weight

Signature:

(lifter or coach)

Signature:

(lifter or coach)

Print and cut out this page for each lifter in a Bench Only contest

Bench Press One		
(only required for opener changes)		
Name:		
Weight		
Signature:		
	(lifter or coach)	

Bench Press Two	
Name:	
Weight	
Signature:	
	(lifter or coach)

Bench Press Three	
Name:	
Weight	
Signature:	
	(lifter or coach)

Bench Press Three		
	first change	
Name:		
Weight		
Signature:		
	(lifter or coach)	

Bench Press Three		
second change		
Name:		
Weight		
Signature:		
	(lifter or coach)	