

Print and cut out this page for each lifter in a 3-Lift contest

<b>Squat One</b>	
(only required for opener changes)	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Squat Two</b>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Squat Three</b>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Bench Press One</b>	
(only required for opener changes)	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Bench Press Two</b>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Bench Press Three</b>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Dealift One</b>	
(only required for opener changes)	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Deadlift Two</b>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Deadlift Three</b>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Deadlift Three</b>	
<u>first change</u>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Deadlift Three</b>	
<u>second change</u>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

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

<b>Bench Press One</b>	
(only required for opener changes)	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Bench Press Two</b>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Bench Press Three</b>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Bench Press Three</b>	
<u>first change</u>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	

<b>Bench Press Three</b>	
<u>second change</u>	
Name:	_____
Weight	_____
Signature:	_____
(lifter or coach)	