

LHSPLA LIFTING CARD

NAME:				WT. CLASS	
SCHOOL:				BODY WT.	
WEIGH-IN OFFICIAL:		LIFTER'S INITIALS:		COACHES 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	

LHSPLA LIFTING CARD

NAME:				WT. CLASS	
SCHOOL:				BODY WT.	
WEIGH-IN OFFICIAL:		LIFTER'S INITIALS:		COACHES 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	