

 **WORLD ATTEMPT CARD**
POWERLIFTING

LIFTER (Name): _____

LIFT (circle): **SQUAT B/PRESS DEADLIFT**

ROUND (circle): 1 2 3

SELECTION (circle): Original Change 1 Change 2

WEIGHT SUBMITTED:

NOTES: (eg. record, adaptive, winning lift, change rack height)

SIGNED LIFTER/COACH: _____

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