

Powerlifting Score Card

**Special
Olympics
Ontario**



Name:				WT Class:				Gender:					
Community:				Body WT: LBS:				Kilos:					
Equipment Check:								Wilks Co:					
Squat Rack Height:			IN / OUT				Ref Intl:						
Block Number:			Bench Rack Height:				Bench Safeties:						
Attempt:	INTL	1st			2nd			3rd			BEST		
SQUAT		S	A	W	S	A	W	S	A	W	S	A	W
BENCH		S	A	W	S	A	W	S	A	W	S	A	W
DEADLIFT		S	A	W	S	A	W	S	A	W	S	A	W
Division:		Points:			Place:			Total			S	A	W