

SPECIAL OLYMPICS COLORADO POWERLIFTING ENTRY FORM

Region: _____ Day of Contact #: _____

Team/Program: _____

Coach Name(s): _____

Coach E-mail(s): _____



Events		Male Levels				Female Levels				Personal Best in Pounds*
	<input type="checkbox"/> Bench Press	Check weight level of athlete in kilograms								Bench Press:
(Athlete Name)	<input type="checkbox"/> Deadlift	A 53 kg	<input type="checkbox"/>	H 120 kg	<input type="checkbox"/>	J 43 kg	<input type="checkbox"/>	Q 84+ kg	<input type="checkbox"/>	
	<input type="checkbox"/> Squat	B 59 kg	<input type="checkbox"/>	I 120+ kg	<input type="checkbox"/>	K 47 kg	<input type="checkbox"/>			Deadlift:
(Gender)	(DOB) <input type="checkbox"/> Combined B&D	C 66 kg	<input type="checkbox"/>			L 52 kg	<input type="checkbox"/>			
	<input type="checkbox"/> Combined BD&S	D 74 kg	<input type="checkbox"/>			M 57 kg	<input type="checkbox"/>			Squat:
		E 83 kg	<input type="checkbox"/>			N 63 kg	<input type="checkbox"/>			
		F 93 kg	<input type="checkbox"/>			O 72 kg	<input type="checkbox"/>			
		G 105 kg	<input type="checkbox"/>			P 84 kg	<input type="checkbox"/>			
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* Do not convert pounds (lbs) to kilograms

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