

Team Name _____

Heat# _____ Lane# _____

Event #2 (A & B): "Heavy For Reps"

Bench Press

<u>Athlete Name</u>	<u>Rep Assignment</u>	<u>Weight Attempt</u>	<u>Weight Attempt</u>
	3 rep Goal: _____		
	6 rep Goal: _____		
	9 rep Goal: _____		
	12 rep Goal: _____		

JUDGES ONLY

Back Squat

<u>Athlete Name</u>	<u>Rep Assignment</u>	<u>Weight Attempt</u>	<u>Weight Attempt</u>
	3 rep Goal: _____		
	6 rep Goal: _____		
	9 rep Goal: _____		
	12 rep Goal: _____		

JUDGES ONLY

Judge Name _____

Athlete Signature _____

Directions:

Please clearly fill out the athlete's name for each of the lifts along with a goal weight for that athlete. It is fine to leave the goal weight blank if you don't have a goal weight.

Hang Clean (Power or Squat)

<u>Athlete Name</u>	<u>Rep Assignment</u>	<u>Weight Attempt</u>	<u>Weight Attempt</u>
	3 rep Goal: _____		
	6 rep Goal: _____		
	9 rep Goal: _____		
	12 rep Goal: _____		

JUDGES ONLY

Front Rack Lunges

<u>Athlete Name</u>	<u>Rep Assignment</u>	<u>Weight Attempt</u>	<u>Weight Attempt</u>
	3 rep Goal: _____		
	6 rep Goal: _____		
	9 rep Goal: _____		
	12 rep Goal: _____		

JUDGES ONLY