Team Name _____

Heat#_____Lane#_____

Event #2 (A & B):
"And no one can lift your fat ass, you're on a diet starting now."

Directions:

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

Station #1 - Hang Snatch (Power, Squat, or Split)

Athlete Name	Rep Assignment	Weight Attempt	Weight Attempt
	3 rep Goal: _____		
	6 rep Goal: _____		
	9 rep Goal: _____		
	12 rep Goal: _____		

` **JUDGES ONLY**

Station #2 - Bench Press

Athlete Name	Rep Assignment	Weight Attempt	Weight Attempt
	3 rep Goal: _____		
	6 rep Goal: _____		
	9 rep Goal: _____		
	12 rep Goal: _____		

JUDGES ONLY

Station #3 - Hang Clean (Power, Squat, or Split)

Athlete Name	Rep Assignment	Weight Attempt	Weight Attempt
	3 rep Goal: _____		
	6 rep Goal: _____		
	9 rep Goal: _____		
	12 rep Goal: _____		

JUDGES ONLY

Station #4 – Back Squat (to a med ball)

Athlete Name	Rep Assignment	Weight Attempt	Weight Attempt
	3 rep Goal: _____		
	6 rep Goal: _____		
	9 rep Goal: _____		
	12 rep Goal: _____		

JUDGES ONLY

Judge Name _____

Athlete Signature _____