

# 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		<b>A</b> 53 kg	<input type="checkbox"/>	<b>H</b> 120 kg	<input type="checkbox"/>	<b>J</b> 43 kg	<input type="checkbox"/>	<b>Q</b> 84+ kg	<input type="checkbox"/>	
<input type="checkbox"/> Squat		<b>B</b> 59 kg	<input type="checkbox"/>	<b>I</b> 120+ kg	<input type="checkbox"/>	<b>K</b> 47 kg	<input type="checkbox"/>		<input type="checkbox"/>	Deadlift:
(Gender) (DOB) <input type="checkbox"/> Combined B&D		<b>C</b> 66 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>L</b> 52 kg	<input type="checkbox"/>		<input type="checkbox"/>	Squat:
<input type="checkbox"/> Combined BD&S		<b>D</b> 74 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>M</b> 57 kg	<input type="checkbox"/>		<input type="checkbox"/>	
		<b>E</b> 83 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>N</b> 63 kg	<input type="checkbox"/>		<input type="checkbox"/>	
		<b>F</b> 93 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>O</b> 72 kg	<input type="checkbox"/>		<input type="checkbox"/>	
		<b>G</b> 105 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>P</b> 84 kg	<input type="checkbox"/>		<input type="checkbox"/>	
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(Gender) (DOB) <input type="checkbox"/> Combined B&D		<b>C</b> 66 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>L</b> 52 kg	<input type="checkbox"/>		<input type="checkbox"/>	Squat:
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		<b>E</b> 83 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>N</b> 63 kg	<input type="checkbox"/>		<input type="checkbox"/>	
		<b>F</b> 93 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>O</b> 72 kg	<input type="checkbox"/>		<input type="checkbox"/>	
		<b>G</b> 105 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>P</b> 84 kg	<input type="checkbox"/>		<input type="checkbox"/>	
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<input type="checkbox"/> Combined BD&S		<b>D</b> 74 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>M</b> 57 kg	<input type="checkbox"/>		<input type="checkbox"/>	
		<b>E</b> 83 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>N</b> 63 kg	<input type="checkbox"/>		<input type="checkbox"/>	
		<b>F</b> 93 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>O</b> 72 kg	<input type="checkbox"/>		<input type="checkbox"/>	
		<b>G</b> 105 kg	<input type="checkbox"/>		<input type="checkbox"/>	<b>P</b> 84 kg	<input type="checkbox"/>		<input type="checkbox"/>	

\* Do not convert pounds (lbs) to kilograms