



POWERLIFTING AUSTRALIA LTD

2015 Australian Schools' Bench Press Championships

Student Entry Form & Results Sheet

Please ensure *each* student provides the following details and that the supervising teacher provides a signature below to verify the lift took place. Please give all weight measurements in kilograms. Feel free to place the student's details together on one spreadsheet with all the required information for each student contained in that document for your convenience, with just one signature needed to verify all results. For more information about Powerlifting Australia Ltd visit www.powerliftingaustralia.com

Student's Name:

Sex: Male / Female
(please circle)

Date of Birth:

Student's home address:

Suburb:

State:

Postcode:

Name of School:

Bodyweight (kg):

Best lift performed (kg):

Teacher's Signature:

Date:

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(please circle)

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