



USPA/IPL RECORD CERTIFICATE APPLICATION

Name _____ Meet Date _____

Name of meet: _____

State Record _____ (can be set in Kilos or LBS with State referees) City _____

American Record _____ (must be set in kilos with at least 2 national refs) State _____

World Record _____ (must be set in kilos at Nationals, Worlds, or any Expo Invitational with at least 2 international Refs on the platform)

Raw: _____

Classic Raw: _____

Single Ply: _____

Multi Ply: _____

Circle Division you set record in:

Open

Junior

Submaster

Master

Your current age: _____

Full Power: Squat _____ KG Bench _____ KG Deadlift _____ KG Total _____ KG

Single Lift Bench: Bench _____ KG

Single Lift Deadlift: Deadlift _____ KG

Do you want a record certificate sent to you? Yes _____ No _____

If so, to what e-mail? _____

(Please PRINT large and clear or we will not be able to send you the certificate)

Send Record Applications to:

All Raw, Classic Raw, Single Ply American/World Records: Jose Hernandez:

1065 1/2 N. Ave 51, Los Angeles Ca. 90042 or e-mail: uspa_raw_records@yahoo.com

All Multi Ply American/World Records Lisa Wheeler: 5012 Rogue Water CT, Bakersfield, CA 93313

Or scan and e-mail to: pwrgrl501@hotmail.com

For any State record outside of Calif please submit to your State Chairman. If you don't have a State Chairman submit record application to: Steve Denison, PO Box 1090, Placentia, CA 92871 or scan and email the record application to: steve@uspla.org