

Lifter Sign-In Information Form
Complete this form before signing-in

Name of Lifter: _____

Platform: _____ Flight: _____

Rack Height Squat: _____ Rack Height Bench: _____ Bench Safety Rack Height: _____

Opening Attempts in Kilograms (2.5kg Increments) Squat: _____ Bench: _____ Deadlift: _____

Have the following Information Ready When You Are Called To The Table

- 1. Drivers License, Passport or Photo ID**
- 2. USPA Membership Card (printed or on cell phone)**

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