| SPEAKER's CARD | | | | | | | | | | |
|----------------------------|--------------------------|-------------|-------------|-----|---------------|---------------|--------|-------|--------------|--|
| Name, Surname: | | | | | Birth date: | | | | | |
| Nation: | | | Bodyweight: | | | | Class: | | | |
| Wilks formula: | l | Lot number: | | | | | | | | |
| Signature: lifter / coac | h | | | | | | | | | |
| Discipline | 1st a | ttempt | 2nd attem | | pt 3rd at | | tempt | | Best attempt | |
| Squat | | | | | | | | | | |
| Bench Press | | | | | | | | | | |
| Deadlift | | | | | | | | | | |
| Subtotal | | | | | | | | | | |
| Grouping: 1, 2, 3, 4, 5 | : 1, 2, 3, 4, 5 Placing: | | | l l | | Wilks points: | | Tota | Total | |
| | | | | | | | | | | |
| SPEAKER's CARD | | | | | | | | | | |
| Name, Surname: | | | | | Birth date: | | | | | |
| Nation: | Bodyw | veight: | Class: | | | | | | | |
| Wilks formula: Lot number: | | | | | | | | | | |
| Signature: lifter / coac | :h | | | | | | | | | |
| Discipline | 1st a | ttempt | 2nd attem | | pt 3rd atte | | empt | | Best attempt | |
| Squat | | | | | | | | | | |
| Bench Press | | | | | | | | | | |
| Deadlift | | | | | | | | | | |
| Subtotal | | | | | | | | | | |
| Grouping: 1, 2, 3, 4, 5 | | Placing: | | | Wilks points: | | | Total | | |
| | | | | | | | | | | |
| SPEAKER's CARD | | | | | | | | | | |
| Name, Surname: | | | | | Birth date: | | | | | |
| Nation: | | | Bodyweight: | | | | Class: | | | |
| Wilks formula: | | | | | Lot number: | | | | | |
| Signature: lifter / coac | h | | | | | | | | | |
| Discipline | 1st a | ttempt | 2nd attem | | pt 3rd at | | tempt | | Best attempt | |
| Squat | | | | | - | | | | | |
| Bench Press | | | | | | | | | | |
| Deadlift | | | | | | | | | | |
| Subtotal | | | | | | | | | | |

Wilks points:

Total

Placing:

Grouping: 1, 2, 3, 4, 5