

 SPEAKER's CARD				
Name, Surname:			Birth date:	
Nation:		Bodyweight:		Class:
Wilks formula:			Lot number:	
Signature: lifter / coach				
Discipline	1st attempt	2nd attempt	3rd attempt	Best attempt
Squat				
Bench Press				
Deadlift				
Subtotal				
Grouping: 1, 2, 3, 4, 5		Placing:	Wilks points:	Total

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