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