



COUNCIL OF AUSTRALIAN POWERLIFTING ORGANIZATIONS

(Affiliated to World Powerlifting Congress & Global Powerlifting Committee)

SCORE SHEET

EVENT: Boss of the Bench

VENUE: Elite Physique - ACT

DATE: 24-Mar-12

NAME	Age	State	Mem. Y/N	Cat.	Sex	Wt. Div	BWT	Raw / Equip.	SQUAT				BENCHPRESS				Sub Total	DEADLIFT				Total	Formula		Over All Place
									1	2	3	4	1	2	3	4		1	2	3	4		No.	Total	
Glen Stewart	44	ACT	Y	OM	M	100.0	95.60	EQUIP					175.00	-195.00	-197.50		175.00					175.00	0.59315	103.80	3
Aiden Joyce	33	ACT	Y	OM	M	100.0	99.90	RAW					150.00	160.00	-167.50		160.00					160.00	0.58155	93.05	0
Peter Weatherall	42	NSW	Y	MM	M	110.0	107.30	EQUIP					200.00	-210.00	-210.00		200.00					200.00	0.56665	113.33	2
Ariel Dencio	23	ACT	Y	OM	M	100.0	95.80	RAW					190.00	200.00	-205.00		200.00					200.00	0.59255	118.51	1
Brani Zec	35	ACT	N	NM	M	110.0	101.40	RAW					140.00	-150.00	-150.00		140.00					140.00	0.578050	80.93	0
Leo Vangelovski	43	NSW	Y	MM	M	125.0	123.70	RAW					145.00	155.00	-160.00		155.00					155.00	0.54695	84.78	0
Damien Garrety	19	NSW	Y	TM	M	100.0	91.90	RAW					112.50	125.00	130.00	-132.50	130.00					130.00	0.60500	78.65	0
Neil Parikh		ACT	N	OP	M	90.0	88.60	RAW					110.00	120.00	-125.00		120.00					120.00	0.617300	74.08	0
Trent McCullough	27	ACT	N	NM	M	75.0	73.30	RAW					110.00	130.00	140.00	155.00	140.00					140.00	0.700450	98.06	0
																	0.00					0.00		0.00	0
Shirley Hetherton	62	ACT	Y	MW	F	90.0	88.40	RAW					40.00	45.00	-47.50		45.00					45.00	0.75500	33.98	0
Jo Mitchell	34	NSW	Y	OW	F	60.0	60.00	EQUIP					100.00	-110.00	-110.00		100.00					100.00	0.98760	98.76	0
Heather Davidson	29	ACT	Y	OW	F	90+	115.00	RAW					55.00	65.00	-70.00		65.00					65.00	0.68435	44.48	0
Lucie Thompson	34	NSW	Y	OW	F	75.0	73.70	RAW					72.50	75.00	80.00	85.00	80.00					80.00	0.84605	67.68	0
																	0.00					0.00		0.00	0

REFEREES

Chief Name: john byrne

Side Name: katrina wilson

Side name: joe giampalo

Chief Signature: _____

Side Signature: _____

Side Signature: _____

NOTES:

- Failed lifts weight is not to be entered into spreadsheet as it affects the calculation formula
- If you believe that a competitor has broken a World Record (at a National Event) please highlight the lift with a Green highlighter. This will assist in the verification of the record a lot quicker.
- If you believe that a competitor has broken an Australian Record please highlight the lift with a yellow highlighter. This will assist in the verification of the record a lot quicker.
- The official signed "Hardcopy" of the Score Sheet MUST be sent to Paul Nay (insert postal address) within 1 week after the competition.
- It is the Event Organisers responsibility that all competitors that believe that they have set a Record are current financial members of CAPO (as per website list)
- Please forward a copy of all Score Sheets to Greg Hills (greg.danielle.hills@gmail.com) within 1 week after the competition, to enable records to be updated, and certificates to be issued where appropriate, in accordance with the Record Claim Rules.

LEGEND:

Age = The age that the competitor is on the day of the competition
Wt Div. = Weight division- is the Body Weight Category as per the rules

Cat. = Category as per the Age Category legend below
BWT = Actual Body Weight measured during the "weigh In

Sex = M = Male, F = Female
Raw / Equip. = R = Raw, E = Equipped

Age Category Legend:

- 1 = Teenage from 13 years to and including 15 years of age
- 4 = Junior from 20 years to and including 23 years of age
- 7 = Master from 40 years to and including 44 years of age
- 10 = Master from 55 years to and including 59 years
- 13 = Master from 70 years to and including 74 years of age

- 2 = Teenage from 16 years to and including 17 years of age
- 5 = Senior from 24 years to and including 32 years of age
- 8 = Master from 45 years to and including 49 years of age
- 11 = Master from 60 years to and including 64 years of age
- 14 = Master from 75 years to and including 79 years of age

- 3 = Teenage from 18 years to and including 19 years of age
- 6 = Sub Master from 33 years to and including 39 years of age
- 9 = Master from 50 years to and including 54 years of age
- 12 = Master from 65 years to and including 69 years of age
- 15 = Master from 80 years upward