# COUNCIL OF AUSTRALIAN POWERLIFTING ORGANIZATIONS

(Affiliated to World Powerlifting Congress & Global Powerlifting Committee)

## SCORE SHEET

EVENT: 2012 Final Nationals Qualifier VENUE: Healthworks West End DATE: 23-Jun-12

| NAME | Age | Mem. Y/N | Cat. | Sex | Wt. Div | BWT | Raw / Equip. | SQUAT 1 | SQUAT 2 | SQUAT 3 | SQUAT 4 | BENCHPRESS 1 | BENCHPRESS 2 | BENCHPRESS 3 | BENCHPRESS 4 | Sub Total | DEADLIFT 1 | DEADLIFT 2 | DEADLIFT 3 | DEADLIFT 4 | Total | Cat. Place | Formula No. | Formula Total |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Janette Hooson | 37 | Y | OW | W | 82.5 | 78.90 | Raw | 100x | 100x | 100.00 | | 70.00 | 75.00 | 80.00 | | **180.00** | 105.00 | 120.00 | | | **300.00** | FALSE | 0.809 | **242.67** |
| Dan Cann | 38 | Y | OM | M | 110.0 | 108.70 | Equip | 105.00 | | | | 105.00 | | | | **210.00** | 105.00 | | | | **315.00** | FALSE | 0.564 | **177.79** |
| Viktor Lyall | 19 | Y | TM | M | 82.5 | 78.30 | Raw | 115x | 115.00 | | | 70x | 70.00 | | | **185.00** | 145.00 | | | | **330.00** | FALSE | 0.668 | **220.31** |
| Terrance Titus | | Y | MM | M | 125.0 | 118.90 | Equip | 225.00 | | | | 105.00 | | | | **330.00** | 185.00 | | | | **515.00** | 2 | 0.552 | **284.33** |
| Alex Lowe | 22 | Y | JM | M | 96.2 | 100.00 | Raw | 250.00 | 260.00 | 270x | | 175.00 | 180.00 | 190x | | **440.00** | 280.00 | 300.00 | 315x | | **740.00** | 1 | 0.591 | **437.64** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
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| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | **0.00** | | | | | **0.00** | 3 | | **0.00** |
| | | | | | | | | | | | | | | | | | | | | | | | | |

**REFEREES**

Chief Name: MICHAEL TRENTIN Side Name: Jonathan Nelson Side name: M CRAGG

Chief Signature: Side Signature: Side Signature:

Event Organisers Name: JEFF LAM

Event Organisers Signature:

Date: 23/06/12

**NOTES:**

1. Failed attempts MUST be entered into the Score Sheet as a negative number (i.e. -100. As a positive number will affect the calculation formula. This process will be validated by the fact that the number will turn to a RED font if done correctly)
2. 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. Be aware that proper qualified referees MUST adjudicate the lift ati
3. 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.
4. The official signed "Hardcopy" of the Score & Weigh In Record Sheets MUST be sent to CAPO Australia President within 1 week after the competition.
5. 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)

**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
2 = Teenage from 16 years to and including 17 years of ag
3 = Teenage from 18 years to and including 19 years of age
4 = Junior from 20 years to and including 23 years of age
5 = Senior from 24 years to and including 32 years of age
6 = Sub Master from 33 years to and including 39 years of ag
7 = Master from 40 years to and including 44 years of age
8 = Master from 45 years to and including 49 years of age
9 = Master from 50 years to and including 54 years of age
10 = Master from 55 years to and including 59 years
11 = Master from 60 years to and including 64 years of age
12 = Master from 65 years to and including 69 years of age
13 = Master from 70 years to and including 74 years of age
14 = Master from 75 years to and including 79 years of age
15 = Master from 80 years upward