



# COUNCIL OF AUSTRALIAN POWERLIFTING ORGANIZATIONS

(Affiliated to World Powerlifting Congress & Global Powerlifting Committee )

## SCORE SHEET

EVENT: 2012 Push Pull - Healthworks West End

DATE: 9th March 2012

NAME	Age	Me m.	Cat.	Sex	Wt. Div	BWT	Raw / Equip.	BENCHPRESS				Sub Total	DEADLIFT				Total	Cat. Place	Formula	
								1	2	3	4		1	2	3	4			No.	Total
Yolandie Wier	26	Y	OW	W	60.0	56.30	Raw /	55.00	60.00			60.00	95.00	100.00	105.00		165.00	1	1.0394	171.50
Matt Rumble	19	Y	TM	M	90.0	88.60	Raw /	107.50	110.00	117.50		117.50	100.00	120.00	130.00		247.50	#NUM!	0.6173	152.78
Mark Silcock	19	Y	JM	M	75.0	71.50	Raw /	107.50	115.00			115.00	110.00	130.00	150.00		265.00	#NUM!	0.71405	189.22
Coralie Wier	50	Y	OW	W	52.0	50.90	Equip.	80.00	85.00			85.00	130.00	140.00	150.00		235.00	#NUM!	1.2394	291.26
Maurie Craggs	79	Y	MM	M	75.0	74.80	Equip.					0.00	140.00	160.00	170.00		170.00	#NUM!	0.6899	117.28
Lachlan Stewart	23	Y	JM	M	82.5	78.50	Raw /	140.00	145.00			145.00	195.00	200.00	205.00		350.00	#NUM!	0.6664	233.24
Matthew Crisante	21	Y	JM	M	67.5	67.10	Raw /	105.00		110.00		110.00	220.00	222.50			332.50	#NUM!	0.7522	250.11
Jeff Lam	33	Y	OM	M	90.0	89.90	Equip.					0.00	260.00				260.00	#NUM!	0.61225	159.19
Kev Rogers	48	Y	MM	M	60.0	59.40	Equip.	92.50		97.50		97.50	105.00	115.00			212.50	#NUM!	0.84105	178.72
Kris Rogers	22	Y	JM	M	82.5	78.80	Raw /	125.00	132.50			132.50					132.50	#NUM!	0.6646	88.06
Allan Kliese	30	Y	OM	M	140+	165.00	Raw /	230.00	235.00			235.00					235.00	#NUM!	0.51294	120.54
Nathaniel Santos	20	Y	JM	M	60.0	59.30	Raw /					0.00					0.00	#NUM!	0.84245	0.00
												0.00					0.00	#NUM!		0.00
												0.00					0.00	#NUM!		0.00
												0.00					0.00	#NUM!		0.00
												0.00					0.00	#NUM!		0.00
												0.00					0.00	FALSE		0.00

**REFEREES**

Chief Name: \_\_\_\_\_  
 Chief Signature: \_\_\_\_\_

Side name: \_\_\_\_\_  
 Side Signature: \_\_\_\_\_

Event Organisers Name: Jeff Lam

Event Organisers Signature: \_\_\_\_\_

**NOTES:**

- 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 negative number.
- 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 c
- 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 & Weigh In Record Sheets MUST be sent to CAPO Australia President 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)

**LEGEND:**

**Age** = The age that the competitor is on the day of the competitic Category as per the Age Category  
**Wt Div.** = Weight division- is the Body Weight Category as per the Actual Body Weight measured di

**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 | Teenage from 16 years to and includ  | 3 = Teenage from 18 years to and including 19 years of age    |
| 4 = Junior from 20 years to and including 23 years of age  | Senior from 24 years to and includin | 6 = Sub Master from 33 years to and including 39 years of age |
| 7 = Master from 40 years to and including 44 years of age  | Master from 45 years to and includin | 9 = Master from 50 years to and including 54 years of age     |
| 10 = Master from 55 years to and including 59 ye           | Master from 60 years to and includin | 12 = Master from 65 years to and including 69 years of age    |
| 13 = Master from 70 years to and including 74 years of age | Master from 75 years to and includin | 15 = Master from 80 years upward                              |