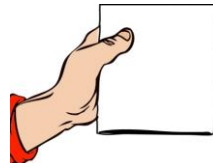


Name:			
CPU Card #		CCES Doc.	
OPENERS	IN KILOGRAMS	RACK	SAFETY
Squat		KG	
Bench		KG	
Deadlift		KG	
<p>* Paper Document or Picture of:</p> <p>1. CPU Membership Card</p> <p>2. CCES <u>True Sport Clean</u> Certificate</p>			

Please fill this card out with your attempts in kilograms and hand to the official during weigh in. You will also require to have proof of membership and CCES online course completion.

PLEASE HAVE ALL INFO COMPLETED ON THIS CARD!! INCLUDING RACK HEIGHTS BEFORE YOU WEIGH IN.



Please Remember that other people are waiting to "weigh in" and may be cutting weight, a quick and smooth weigh in process makes everyone happy. This also helps the meet director post the flight order faster.