

NAME:		
OPENERS		
Squat		KG
Bench		KG
Deadlift		KG
RACK HEIGHTS		
	Rack	Safeties
Squat		
Bench		

NOTE:

- As indicated above, ensure all of your openers are in **2.5 KILOGRAM** increments
- The rack used at this competition will be an **ER Rack**, ensure your rack heights are for this type of rack
- Please have your **CPU membership** printed or readily available to show on your phone
- Also have your **CCES certificate** printed or readily available to show on your phone
- If you can't or don't want to print the above card, ensure you have all of this information stored in your phone and can provide it when asked at weigh-ins