

**Application for a
NSPL Powerlifting Record**

**Send to:
NSPL RECORDS CHAIR**

Required for **ALL** NSPL Provincial Records.

The Record Application must be sent **within FOURTEEN days of the contest** (or the last day of a multi-day event) or it will be rejected.

Name _____ Phone # _____

Address _____ City: _____

Prov: _____ Postal Code: _____

Email _____ CPU Card #: _____

Age _____ Date of Birth - Month _____ Day _____ Year _____

Male [] Female []

Name of Contest _____

Location of Contest _____ Date _____

Meet Director _____

Lifters Weight Class _____ Actual Body Weight _____

Check One: () Equipped Records () Unequipped Records
Unequipped means non-supportive suit/shirt, wrist-wraps, belt, knee sleeves, not wraps, allowed)

Please Choose Correct Category(s)

OPEN	M1 (40-49)
SUB-JUNIOR	M2 (50-59)
JUNIOR	M3 (60-69, women 60+)
	M4 (70+)

Please list ALL successful lifts including total. Indicate below which lifts are record lifts.

Three Lift Contest

First Attempt	Second Attempt	Third Attempt
Squat _____ kg	Squat _____ kg	Squat _____ kg
Bench _____ kg	Bench _____ kg	Bench _____ kg
Dead _____ kg	Dead _____ kg	Dead _____ kg
Total _____ kg		

Records: _____

Bench Only Contest

Bench 1 _____ kg Bench 2 _____ kg Bench 3 _____