

2017 ShopRite Nutmeg State Games Weightlifting Competition

TEAM NAME: _____

Please Write Each Players First & Last Name Legibly

SQUAT	BENCH	POWER CLEAN
<u>160 lbs & Under</u>	<u>160 lbs & Under</u>	<u>160 lbs & Under</u>
1:	1:	1:
2:	2:	2:
3:	3:	3:
Alternate:	Alternate:	Alternate:
<u>161 lbs - 180 lbs</u>	<u>161 lbs - 180 lbs</u>	<u>161 lbs - 180 lbs</u>
1:	1:	1:
2:	2:	2:
3:	3:	3:
Alternate:	Alternate:	Alternate:
<u>181 lbs - 200 lbs</u>	<u>181 lbs - 200 lbs</u>	<u>181 lbs - 200 lbs</u>
1:	1:	1:
2:	2:	2:
3:	3:	3:
Alternate:	Alternate:	Alternate:
<u>201 lbs to 220 lbs</u>	<u>201 lbs to 220 lbs</u>	<u>201 lbs to 220 lbs</u>
1:	1:	1:
2:	2:	2:
3:	3:	3:
Alternate:	Alternate:	Alternate:
<u>221 lbs & Up</u>	<u>221 lbs & Up</u>	<u>221 lbs & Up</u>
1:	1:	1:
2:	2:	2:
3:	3:	3:
Alternate:	Alternate:	Alternate: