



AWFA Score Sheet

Lifter	M/F	Age	Weight (Kg)										Total
Referees							Scorer						



4 attempts

Lifter						
	kg	WR / AR	kg	WR / AR	kg	WR / AR
	kg	WR / AR	kg	WR / AR	kg	WR / AR
	kg	WR / AR	kg	WR / AR	kg	WR / AR
	kg	WR / AR	kg	WR / AR	kg	WR / AR
	kg	WR / AR	kg	WR / AR	kg	WR / AR
	kg	WR / AR	kg	WR / AR	kg	WR / AR
	kg	WR / AR	kg	WR / AR	kg	WR / AR

WR= World Record

AR= Australian Record

Please circle which record the lifter has attempted (either WR or AR).