



Weight-Lifting Competition – Judges Score Card



Participant Information

Participant Name: _____ Gender: _____

Body weight: _____ LB

Meet Date: _____

Judge Panel: Lillii Armstrong (Head), Tiffany Barrett (Left), Chris Becker (Right)

Squat

Attempt	Weight	Judge 1	Judge 2	Judge 3	Good Lift
#1					
#2					
#3					

Bench Press

Attempt	Weight	Judge 1	Judge 2	Judge 3	Good Lift
#1					
#2					
#3					

Deadlift

Attempt	Weight	Judge 1	Judge 2	Judge 3	Good Lift
#1					
#2					
#3					

Final Scores

Total Lift (Squat + Bench + Deadlift)	
Final DOTS Score	