



IPL RECORD CERTIFICATE APPLICATION

Name: _____ Meet Date: _____

Name of Meet: _____

National Record _____ Country _____

World Record _____

Raw: _____

Classic Raw: _____

Single Ply: _____

Multi Ply: _____

Circle Division you set record in:

Open

Junior

Submaster

Master

Your current age: _____

Full Power: Squat _____ KG Bench _____ KG Deadlift _____ KG Total _____ KG

Single Lift Bench: Bench _____ KG

Single Lift Deadlift: Deadlift _____ KG

Do you want a record certificate sent to you? Yes _____ No _____

If so, to what e-mail? _____

(Please PRINT large and clear or we will not be able to send you the certificate)

Email World Record Applications to:

All Raw, Classic Raw, Single Ply World Records: Jose Hernandez:

e-mail to: uspa_raw_records@yahoo.com

All Multi Ply World Records Lisa Wheeler: e-mail to: pwrgrl501@hotmail.com

For all National records set in countries outside the USA please submit your record application to your federation President