

## **Team Roster Form**

1. Men's Roster – Comprised of 9 lifters, with the top 5 counting towards team points.
2. Women's Roster – Comprised of 8 lifters, with the top 5 counting towards team points
3. Co-ed Roster - Comprised of 8 lifters, with the top 5 counting towards team points  
- Must have at least 2 males & 2 females counting towards team points
4. A lifter cannot be listed on more than one team roster
5. Lifters will be ranked overall in their weight class regardless of division and regardless of raw/equipped to determine their placing for team points.

Masters only, teen only, and junior only rosters may also be submitted using the first four guidelines above. However, each lifter will be awarded points based on how they place in their individual division.

The point/placing system will be IPF based: 12 points for 1<sup>st</sup>, 9 points for 2<sup>nd</sup>, .... 8, 7, 6, 5, 4, 3, 2, 1

See Roster on page 2 (below)

Meet Name: \_\_\_\_\_

Team Name: \_\_\_\_\_ Type: \_\_\_\_\_

Coach: \_\_\_\_\_

<b>Lifter Name</b>	<b>Weight Class</b>	<b>M/F</b>
1. _____		
2. _____		
3. _____		
4. _____		
5. _____		
6. _____		
7. _____		
8. _____		
9. _____		