

Record claim for the Nordic Record

The Date of the competition:	Year		Month		Day									
The gender of the lifter	M	F												
The age category of the lifter	M jun	M subjun	M	M1	M2	M3	M4							
	F jun	F subjun	F	F1	F2	F3								
Discipline:	SQUAT			<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="text-align: center;">How to fill</th> </tr> <tr> <td style="width: 50%;">Open fields</td> <td>Use numbers, letters as required</td> </tr> <tr> <td>Prefilled fields</td> <td>Next methods are preferable as shown below</td> </tr> </table> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px; text-align: center;">eq. M1</div> <div style="border: 1px solid black; padding: 2px; text-align: center; background-color: red; color: white;">eq. M1</div> </div> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px; text-align: center;">eq. M1</div> <div style="border: 1px solid black; padding: 2px; text-align: center; border-radius: 50%;">eq. M1</div> </div> <p>Note: To avoid misunderstandings, please pay attention to clear har</p>					How to fill		Open fields	Use numbers, letters as required	Prefilled fields	Next methods are preferable as shown below
How to fill														
Open fields	Use numbers, letters as required													
Prefilled fields	Next methods are preferable as shown below													
Attempt no.:	1.	2.	3.											
Record lift in kilo:														
Discipline:	BENCH PRESS													
Attempt no.:	1.	2.	3.											
Record lift in kilo:														
Discipline:	DEADLIFT													
Attempt no.:	1.	2.	3.											
Record lift in kilo:														
Record in total:	TOTAL													
Attempt no. in deadlift:	1.	2.	3.											
Record (total) in kilo:														
Weight class	53	59	66	74	83	93	105	120						
	43	47	52	57	63	72	84	> 84						
Identity of the lifter:	Name							Year of birth						
	Body weight		Nationality	DEN	FIN	ISL	NOR	SWE						
	Club													
Venue	Country					City								
Drug test	Pending		Unknown		Succeeded		Other							

This claim must be filled in and sent by e-mail to the Record Registrar within one week after the record is set in National Championship or International Event.

NPF Record Registrar

Timo Heiskanen

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Signature

Secretary of the National Federation

