# 香港臥推舉錦標賽 2023（經典及有裝備）報名表

## Hong Kong Bench Press Championships 2023 (Classic and Equipped) Nomination Form for Team

團體名稱 / Name of Team: _____ 截止報名日期: 2023 年 01 月 27 日

女子組 Women Registration Deadline: 2023-01-27

| 體重級別 Weight Category / 姓名 Name | 年齡級別 Age Category | 43kg # | 47kg | 52kg | 57kg | 63kg | 69kg | 76kg | 84kg | 84kg+ | 備註 Remark |
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# 43 公斤級只限少年組及青年組參加 / Sub-Junior and Junior only for 43kg

日期 Date: _____ 團體印章 Stamp :_____

# 香港臥推舉錦標賽 2023（經典及有裝備）報名表

## Hong Kong Bench Press Championships 2023 (Classic and Equipped) Nomination Form for Team

團體名稱 / Name of Team: _____ 截止報名日期: 2023 年 01 月 27 日

男子組 Men Registration Deadline: 2023-01-27

| 體重級別 Weight Category / 姓名 Name | 年齡級別 Age Category | 53kg # | 59kg | 66kg | 74kg | 83kg | 93kg | 105kg | 120kg | 120kg+ | 備註 Remark |
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# 53 公斤級只限少年組及青年組參加 / Sub-Junior and Junior only for 53kg

日期 Date: _____ 團體印章 Stamp :_____