**2018 IAWA WORLD POSTAL CHAMPIONSHIPS ENTRY FORM**

***“The Andy Goddard Memorial”***

**DUE DATE FOR ENTRY IS AUGUST 31st – LIST RESULTS IN KILOGRAMS – RECORD BEST LIFT ONLY – RECORD ARM USED**

**LIFTS: FRONT SQUAT, CLEAN AND PRESS BEHIND NECK, 1H BARBELL SNATCH, 1H 2” DUMBBELL DEADLIFT**

**PLEASE REFER TO WORLD POSTAL CHAMPIONSHIPS INFORMATION SHEET FOR RULES OF THE COMPETITION**

**CLUB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE OF LIFTS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| LIFTER | AGE | BWT | Front SQ | C&PNeck | 1H BB SN | 1H 2” DBDL | OFFICIALS  |
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