

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: _____

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

