

2019 IAWA World Championships

- Meet Directors: Al Myers & LaVerne Myers
Al's Phone#: 785-479-2264 Al's Email: amyers@usawa.com
- Meet Date: Saturday & Sunday, October 5th & 6th, 2019
9:00 AM – 4:00 PM
- Location: Abilene Civic Center
201 NW 2nd, Abilene, KS, USA 67410
- Sanction: International All-Round Weightlifting Association (IAWA)
(Lifter's MUST be members of an affiliated IAWA organization)
- Weigh-ins: 8:00-9:00 AM the day of the meet. Lifting will start at 9:00 AM
- Divisions: All Classes & Divisions will be contested
- Awards: Nice Championship Awards for all Classes & Divisions
- Banquet: A banquet with awards presentations will occur Sunday night at 7:00 PM
at the meet venue. The open bar will open at 6:00 PM.
- Entry Fee: **\$100** – Overseas lifters may pay at check-in
Entry fee will include meet entry, meet T-Shirt and one banquet ticket
Additional banquet tickets may be purchased at meet
- Lifts: **DAY ONE**
Reverse Curl (Curl – Strict, Reverse Grip)
2H Snatch From the Hang (Snatch – From Hang)
One Hand Clean and Jerk (Clean and Jerk – One Arm)
2H Thumbless Deadlift (Deadlift – No Thumbs, Overhand Grip)
- DAY TWO**
Pullover and Push Press with Bridge (Pullover and Push)
Continental onto Belt (Continental to Belt)
Straddle Deadlift – 2" Bar (Jefferson Lift – Fulton Bar)
- Rules: IAWA General Rules and Scoring will apply
This will be a **DRUG TESTED** event.
- Registration: Send entries to Al Myers, 1126 Eden Road, Abilene, Kansas 67410

Entry Form

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October 5th & 6th, 2019

Name _____

Address _____

Division Entered _____

***Waiver:** In consideration of accepting my entry, I release all claims for damages, losses, and injuries that I may hold against the USAWA, IAWA, Al Myers, LaVerne Myers, the Dino Gym, and all other officials and assistants that may occur while participating in this event on October 5th & 6th, 2019. I understand that this event could be drug tested and I will avail myself to the officials if I am selected for testing and not hinder them in the execution of their duties.*

SIGNATURE _____

PARENT SIGNATURE _____

(if under 18 years of age)

SEND ENTRIES TO:

Al Myers
1126 Eden Road
Abilene, Kansas, USA 67410

Email: amyers@usawa.com

OVERSEAS LIFTERS MAY EMAIL THEIR INTENT OF ENTRY, AND THEN PAY, FILL OUT & SIGN ENTRY FORM AT MEET CHECK IN.

MAKE CHECKS PAYABLE TO AL MYERS - \$100

ENTRY DEADLINE

September 15th, 2019