**2019 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: Reverse Curl, 2H Snatch from Hang, 1H Clean & Jerk, 2H Thumbless 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 | Rev Curl | Snatch | 1H C&J | 2H DL | OFFICIALS  |
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