**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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LIFTER | AGE | BWT | Rev Curl | Snatch | 1H C&J | 2H DL | OFFICIALS |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |