

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