

2022 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: Clean and Press, Continental Snatch, Cheat Curl, 1H Deadlift

PLEASE REFER TO WORLD POSTAL CHAMPIONSHIPS INFORMATION SHEET FOR RULES OF THE COMPETITION

CLUB: _____ DATE OF LIFTS: _____

LIFTER	AGE	BWT	Clean&Press	Con Snatch	Cheat Curl	1H Deadlift	OFFICIALS