

2023 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: 1 Hand Dumbbell Swing, Continental Clean & Jerk, 1 Hand 2” Vertical Bar Lift, 2 Hand Ciavattone Deadlift

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

CLUB: _____ DATE OF LIFTS: _____

LIFTER	AGE	BWT	1H Swing	Con C & J	1H VB	2H C DL	OFFICIALS