

# IAWA Gold Cup 2024

Venue: Don Ventorosa's USA Weightlifting Gym

1080 Pleasant Street Norwood, MA 02033 USA

Date: Saturday November 2nd, 2024

Entry Fee: \$ 80.00 (This will include Trophy based on the theme "Gold Cup" and an event T Shirt)

## Weigh In 9am to 10am Lifting Starts 11am

Silver Cup entries (those not able to attempt World Records) lift first, followed by Gold Cup

**CLOSING DATE FOR ENTRIES: Saturday October 2, 2024 (Closing date is FINAL)**

For a lifter to compete in the Gold Cup: they must be a current Member AND also a current IAWA World Record Holder. Four attempts are allowed for the World Record BUT remember the rules of the competition are that a lifters FIRST attempt on the platform WILL be for the World Record (only World Record Attempts are entertained on the Gold Cup Platform)



## Required Information:

Name: ..... DOB: ..... AGE GROUP: .....

Address: .....

Membership Status: Current IAWA Member YES / NO : Please Circle (NOTE: Only Members can take part)

Weight Category: .....T Shirt Size: .....

1<sup>st</sup> Choice Lift: .....Approx lbs / KG.....

2<sup>nd</sup> Choice Lift: ..... Approx lbs / KG.....

Home Phone Number: ..... Mobile: .....

E-Mail: ..... **I understand fully that I take part in this event at my own risk and can have no claim for injury or otherwise against the event Promoters or IAWA. I also fully understand that I may be required to undergo a drug test if selected. For your entry to be accepted, please be sure to read this properly and sign**

Signed: .....

## Banquet & Awards Ceremony (Commencing 5:00 pm)

\$ 40.00 per person (For details of the Banquet - See information sheet)

Banquet Venue: Conrad's, 905 Main Street Walpole, MA 02081

Tel: (508) 921-3278 Website: conradsrestaurant.com

Number for meal: ..... Total fee: ..... Special Dietary Requests: .....

**For further Information or enquiries: Contact the promoter – or see the information Sheet**

**All Entries, Forms and Payments must be paid to the Promoter by the Closing Date: October 2, 2024**

**Send to Mark Raymond Email: owdmr@aol.com Tel: 1-774-786-1287 (USA)**

**Address: 635 North Main Street, Mansfield, MA 02048 USA**

To pay by Check - Made Payable to: Mark E Raymond

To pay by Bank Transfer: please email Mark Raymond for information- owdmr@aol.com

Hotels:

Hampton Inn Boston – Norwood

434 Providence Hwy #1

Norwood, MA 02062

(781)769-7000

Four Points by Sheraton Norwood

1125 Boston-Providence Turnpike

Norwood, MA 02062

(781)769-7900

Courtyard by Marriott Boston – Norwood/Canton

300 River Ridge Dr

Norwood, MA 02062

(781)762-4700

Residence Inn by Marriott Boston – Norwood/Canton

275 Norwood Park South

Norwood, MA 02062

(781)278-9595