

2024 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 Push Press, Continental to Belt, One Hand DB Clean and Jerk, Cheat Curl

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

CLUB: _____ DATE OF LIFTS: _____

LIFTER	AGE	BWT	C&PP	Con Belt	1H DB C&J	C Curl	OFFICIALS