

THE IAWA 'WORLD OPEN' ALL ROUND WEIGHTLIFTING TEAM CHALLENGE

Submit Score Sheets without delay to Steve Gardner - 18 Holly Road, Barton, Staffs. England

DE13 8LP or by E Mail to (steve-g@powerful.co.uk) BY THE END OF SEPTEMBER 2010

Team Name:

This competition is open to IAWA lifters, for teams of three. Teams may be a mix of Open/ Masters/ Juniors/ Ladies, as all age and b/weight allowance will figure in the results. No limit to the number of lifters, if a team or group enter more than three: the top three will form the team score. A sheet caters for 5 lifters, if you have two teams, then just copy, and use two sheets, etc. All lifts must be officiated by 2 or 3 IAWA Referees (must sign the score sheet). Individuals may also take part, as rankings will be listed for age / weight classes. For certificates of performance, place E mail address here

Name	Bdy	Class	Age	Div.	O H B bell Snatch				2 H Pinch Grip				Bench Press FIA				Ciavattone D / L				Total	Am Tot.

Referees: (Names and Signatures)

Date: