

# 2012 IAWA

## World Championships

- Meet Directors: Al Myers & Chad Ullom  
Al's Phone#: 785-479-2264 Chad's Phone#: 785-249-7152  
Al's Email: [amyers@usawa.com](mailto:amyers@usawa.com)  
Chad's Email: [chad.ullom79@gmail.com](mailto:chad.ullom79@gmail.com)
- Meet Date: Saturday & Sunday, October 6<sup>th</sup> & 7<sup>th</sup>, 2012  
9:00 AM – 4:00 PM
- Location: Dino Strength Training Center/Salina Sports Training Center  
742 Duvall Avenue, Salina, Kansas, 67401 USA
- Sanction: International All-Round Weightlifting Association (IAWA)  
(lifters MUST be members of affiliated IAWA organizations)
- Weigh-ins: 8:00-9:00 AM the day of the meet. Lifting will start at 9:00 AM
- Divisions: All Classes & Divisions will be contested
- Awards: Nice Championship Awards for all Classes & Divisions
- Banquet: A banquet will be organized for Sunday night
- Entry Fee: **\$75** – Overseas lifters may pay at check-in  
Entry fee will include a meet T-Shirt and one banquet ticket  
Additional banquet tickets may be purchased at meet
- Lifts: **DAY ONE**  
Reverse Curl (Curl – Reverse Grip)  
One Hand Clean and Jerk (Clean and Jerk – One Arm)  
Pullover and Press on Floor (Pullover and Press)  
Steinborn (Steinborn Lift)
- DAY TWO**  
Two Hands Snatch – 2 Inch Bar (Snatch – Fulton Bar)  
One Hand Hacklift (Hack Lift – One Arm)  
Straddle Deadlift (Jefferson Lift)
- Rules: IAWA General Rules and Scoring will apply  
This will be a **DRUG TESTED** event.
- Registration: Send entries to Al Myers, 1126 Eden Road, Abilene, Kansas 67410

# Entry Form

## 2012 IAWA World Championships

### October 6<sup>th</sup> & 7<sup>th</sup>, 2012

Name\_\_\_\_\_

Address\_\_\_\_\_

\_\_\_\_\_

Division Entered\_\_\_\_\_

***Waiver:*** *In consideration of accepting my entry, I release all claims for damages, losses, and injuries that I may hold against the USAWA, IAWA, Al Myers, Chad Ullom, the Dino Gym, the Dino Strength Training Center, and all other officials and assistants that may occur while participating in this event on October 6<sup>th</sup> & 7<sup>th</sup>, 2012. I understand that this event could be drug tested and I will avail myself to the officials if I am selected for testing and not hinder them in the execution of their duties.*

SIGNATURE\_\_\_\_\_

PARENT SIGNATURE\_\_\_\_\_

(if under 18 years of age)

#### SEND ENTRIES TO:

Al Myers  
1126 Eden Road  
Abilene, Kansas, USA 67410

Email: [amyers@usawa.com](mailto:amyers@usawa.com)

**OVERSEAS LIFTERS MAY EMAIL THEIR INTENT OF ENTRY, AND THEN PAY,  
FILL OUT & SIGN ENTRY FORM AT MEET CHECK IN.**

**MAKE CHECKS PAYABLE TO AL MYERS - \$75**

## **ENTRY DEADLINE – September 15<sup>th</sup>, 2012**

(If space allows late entries will be accepted with a \$25 late penalty)