



## **2023 IAWA World Championships.**

**Information**

**[Entry Form](#)**

**Date:** 1st October 2023

**Venue:** The Shed, 6 Whitechapel Rd Toodyay, Western Australia

**Weigh in:** 9:00 - 10:00

**Lifting Starts at: 10:30**

**The Lifts:**

1 Hand Dumbbell Swing

Ciavattone Deadlift

1 Hand 2" Vertical Lift

Pullover and Press

Straddle Deadlift

Presentations + food and drinks after the meet