

# 2024 AWFA Calendar

<b>Date</b>	<b>Meet</b>	<b>Lifts</b>	<b>Location</b>
<b>25 Feb</b>	Pete's Barfoot <a href="#">Information sheet</a>	<ul style="list-style-type: none"> <li>● Bench Press Feet in air</li> <li>● 1 Hand 2" Vertical lift</li> <li>● Straddle Deadlift</li> </ul>	Toodyay
<b>April</b>	OTSM	<ul style="list-style-type: none"> <li>● Dinnie Lift</li> <li>● Inch D/B Deadlift</li> <li>● Hand and Thigh lift</li> </ul>	Swan Valley
<b>19 May</b>	AWFA Shield/ AFWA Posta <a href="#">Information</a>	<ul style="list-style-type: none"> <li>● 1 Hand Dumbbell swing</li> <li>● 2 Hand Barbell Clean &amp; Press</li> <li>● 2 Hand Ciavattone Deadlift</li> </ul>	Warnbro
<b>August</b>	World Postal		Toodyay
<b>22 Sept</b>	AWFA Championships/ AFWA Postal <a href="#">Information</a>	<ul style="list-style-type: none"> <li>● One hand deadlift</li> <li>● D/B clean and jerk</li> <li>● 2 HandThumbless Deadlift</li> </ul>	Warnbro
<b>Oct</b>	IAWA World Championships		England
<b>Nov</b>	IAWA Gold Cup		Boston
<b>7 Dec</b>	OTSM World Postal		