



Dear Friends,

You're invited! It is my pleasure to announce the date and location for the 2023 WPC-AWPC World Cup. The date is August 31 - September 2, 2023 in Idaho Falls, Idaho, USA. We look forward to seeing a Team from your country represented. If your country is not an affiliate of the WPC/AWPC please contact us to join!

Entry Form - Please have each athlete fill out all details on the entry form.

Entry Deadline- July 20, 2023 Entries must be received by this date.

Entry Confirmation - Please notify the meet promoters regarding your country's attendance as soon as possible. You may notify us by e-mail snakeriverpl@cs.com or phone us at 208-528-0444.

Entry Fee- \$125.00 Crossover or additional division \$50 (US Dollars) There will be no refunds.

An entry fee is required for each division. The first division is \$125 and the second division is \$50. Please send all entries in one packet. Make checks payable to: Snake River Powerlifting

Mail to: Snake River Powerlifting, PO Box 51433, Idaho Falls, Idaho, USA 83405 or contact Linda Higgins at 1-208-528-0444 to make arrangements via bank transfer, Western Union.

Hotel Reservations - Meet Hotel and Venue: **Hilton Garden Inn Idaho Falls, ID**, 700 Lindsay Blvd , Idaho Falls, Idaho 83402 United States Tel: 2085229500 Fax: 2085229501 Direct booking link:

Booking Link:

Hotel: [Hilton Garden Inn Idaho Falls](#)

Group Name: WPC-AWPC Powerlifting

Arrival Date: 29 Aug-2023

Departure Date: 4 Sep-2023

A block of rooms has been reserved for August 29 to September 4. The special room rate will be available until July 30th or until the group block is sold-out, whichever comes first. The rate posted is tbd

If you would like to spend a few extra days and go to Yellowstone National Park which is 1 hour and 30 minutes away or go to Jackson Hole Wyoming which is 1 hour away contact Director of Sales Melissa Johnson for room rates. Booking a reservation from our site is simple. To begin the process, click on "Book a Room" below to receive your group's preferred rate. See you at the Hilton Garden Inn Idaho Falls in September! We hope you enjoy your stay and your group's event! At the **Hilton Garden Inn**, you'll find everything you need including complimentary high-speed Internet and remote printing provided by PrinterOn® in all guestrooms and lobby areas. The **Hilton Garden Inn - Idaho Falls, Idaho** hotel is certain to please the busy executive or leisure traveler. Our Hilton Garden Inn Idaho Falls hotel is just minutes away from **downtown Idaho Falls** and within walking distance of several fine restaurants and shops.



Meet Director: Linda Higgins

FOR ALL INFORMATION CONTACT: Linda Higgins, PO Box 51433, Idaho Falls, ID 83405 1-208-528-0444 or snakeriverpl@cs.com

Lifting Schedule:

Thursday August 31	10:00 am	Raw Male Open, Junior, Submaster, Master
Friday September 1	10:00 am divisions	All Teenage, Special Olympics & Youth All Women: Raw, MP, SP, CR all
Saturday September 2	10:00 am	Men Equipped MP (multi ply) SP (single ply) CR (classic raw full PL only)

Weigh-Ins:

Thursday Competitors:	Wednesday August 30	10am-noon & 3pm-5pm
Friday Competitors:	Thursday August 31	10am-noon & 3pm-5pm
Saturday Competitors:	Friday September 1	10am-noon & 3pm-5pm

Weight Classes:

Men	114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
Kilos	52 56 60 67.5 75 82.5 90 100 110 125 140 140+
Women	97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, Unl
Kilos	44 48 52 56 60 67.5 75 82.5 90 100 110 110+

Awards:

Awards ceremony will be given to the first three places in each Men's & Women's divisions. There will be one Men and one Women best lifter award based upon content of entries in each division by formula. All awards will be given on Saturday.

Team Entry: Team list must be provided at weigh-ins. \$80 (limit 11 lifters).

Idaho Falls Visitor Bureau

Check out the following sites for information on tourist travels.

www.visitidahofalls.com

Jackson Hole Visitor Bureau –

www.jacksonholechamber.com

West Yellowstone Visitor Bureau –

www.destinationyellowstone.com

Yellowstone National Park –

www.yellowstone-natl-park.com/visit.htm

Sun Valley Idaho –

www.visitsunvalley.com

Chester's Grand Teton Harley Davidson

Powerlifters ask for Big Jim 1-208-523-1464

www.tetonharley.com

2023 WPC-AWPC World Cup

Call or email to confirm your participation before mailing limited entries may be required

Name _____

Address _____

City _____ State _____ Postal Code _____

Country _____ Date of Birth _____ Age _____

Phone # _____ Cell# _____

E-mail _____

Weight Class: _____ Men Women

Sanction (circle all that apply): WPC AWPC (drug tested)
Event Entered (circle all that apply): Full Meet Bench Only Deadlift Only
Raw/MP (multi ply) / SP (single ply): Raw MP (multi ply) SP (single ply) CR (classic raw full PL only)
Division Entered (circle all that apply): Open
Teen: 13-15 16-17 18-19
AAPF Card # _____ Junior: 20-23
Expiration Date: _____ Submaster: 33-39
Master: 40-44 45-49 50-54 55-59 60-64 65-69 70-74
75-79 80+

WEIGHT CLASSES: Police/Fire/Military (AWPC Only) Special Olympics Youth (parent supervised 12 & under)
Men 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, SHW
Kilos 52 56 60 67.5 75 82.5 90 100 110 125 140 140+
Women 97, 105, 114, 123, 132, 148, 165, 181, 198, 220, 242, UNL
Kilos 44 48 52 56 60 67.5 75 82.5 90 100 110 110+

Raw (belt, singlet, wrist wraps) Classic Raw (raw with knee wraps or knee sleeves) Single Ply (belt, knee & wrist wraps, singlet or single ply polyester squat suit (no velcro), single ply briefs not to extend 4" above top groin), bench shirt single ply polyester pullover (no Velcro or open back), Multi Ply, see www.worldpowerliftingcongress.com for complete rules.

Fees & Payment: **Late Fee After 7/20/23** \$50 \$ _____
Entry Fee \$125 _____
Additional division(s) \$50 \$ _____
Special order hoodies, etc. contact Linda
Youth (parent supervised 12 and under) \$25 \$ _____
SRN \$45 \$ _____
MEET T-SHIRTS: Pre-Order at \$22.00 each Meet T-Shirt (s) \$22 \$ _____
2X & 3X \$25 \$ _____
Team Entry (limit 11 lifters) \$80 \$ _____

S _____ M _____ L _____ XL _____ XXL _____ XXX _____
(shirts available at the meet in the sizes above at \$25-\$30 each) **TOTAL DUE** \$ _____

I, THE UNDERSIGNED, AGREE TO WAIVE AND RELEASE ANY AND ALL RIGHTS FOR DAMAGES OR INJURIES OF ANY KIND SUFFERED BY ME IN ANY WAY DUE TO THIS CONTEST AGAINST Snake River Powerlifting, Linda Higgins, Amy Jackson, Hilton Garden Inn Idaho Falls, AWPC/WPC AND ANY AND ALL OFFICIALS, ITS STAFF AND ANYONE ASSOCIATED WITH 2023 WPC-AWPC World Cup.

ATHLETE'S SIGNATURE: (parent required if under 18) _____ DATE _____
Mail to: Linda Higgins, PO Bo 51433 Idaho Falls ID 83405