



Dear Friends,

Congratulation you're invited! It is my pleasure to announce the date and location for the 2024 AWPC-WPC World Cup. The date is August 29-31, 2024 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! [Cash awards for Police/Fire/Military/First Responders.](#)

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

Entry Deadline- July 20, 2024 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 208-521-3434.

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 208-521-3434 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:
<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=IDAIFGI&groupCode=901&arrivaldate=2024-08-26&departuredate=2024-09-02&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

Booking Link:

Hotel: **Hilton Garden Inn Idaho Falls**

Group Name: WPC-AWPC Powerlifting

Arrival Date: 26 Aug-2024

Departure Date: 2 Sep-2024

A block of rooms has been reserved for August 26 to September 2. The special room rate will be available until July 26th or until the group block is sold-out, whichever comes first. The rate posted is \$139-\$149

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 August! 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. Any issues or concerns please contact Linda at snakeriverpl@cs.com 1-208-528-0444.



Meet Director: Linda Higgins

FOR ALL INFORMATION CONTACT: Linda Higgins, PO Box 51433, Idaho Falls, ID 83405 1-208-528-0444 208-521-3434
snakeriverpl@cs.com

Lifting Schedule:

Thursday August 29	10:00 am	Raw Male Open, Junior, Submaster, Master, Police, Fire, Military, First responder
Friday August 30	10:00 am	All Teenage, Special Olympics, Disabled & Youth All Women: Raw, MP, SP, CR all divisions, Police, Fire, Military, First responder
Saturday August 31	10:00 am	Men Equipped MP (multi ply) SP (single ply) CR (classic raw full PL only) Police, Fire, Military, First responder

Weigh-Ins:

Thursday Competitors:	Wednesday August 28	10am-noon & 3pm-5pm
Friday Competitors:	Thursday August 29	10am-noon & 3pm-5pm
Saturday Competitors:	Friday August 30	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. **Cash awards for Police/Fire/Military/First Responders. All awards will be given on Saturday.**

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

[Bishop Barbell](#)

[Fitness Supply](#)

1539 Piper Street
Idaho Falls, ID 83401
208-227-8466

bishopbarbell@gmail.com

Use discount code "snakeriver" on bishopbarbell.com and fitnesssupply.com to save 10% on powerlifting and gym equipment.

[Empire Strength and Fitness](#)

Visit powerlifting gym, Empire Strength and Fitness, while visiting Idaho Falls.

1539 Piper Street
Idaho Falls, ID 83401
Garet Butikofer, (208) 681-2765
empirestrengthandfitness.com

2024 AWPC-WPC 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 **Unlimited 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+

Police/Fire/Military/First responders (AWPC or WPC) Special Olympics **Disabled** Youth (parent supervised 12 & under)

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+

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:

Check or money order payable to Snake River PL

Call for Venmo address

Mail to: Linda Higgins, PO Box 51433, Idaho Falls ID 83405

Late Fee After 7/20/24 \$50 \$ _____

Entry Fee \$125 \$ _____

Additional division(s) \$50 \$ _____

Special order hoodies, etc. contact Linda Higgins

Youth (parent supervised 12 and under) \$25 \$ _____

Snake River Novice \$45 \$ _____

MEET T-SHIRTS: Pre-Order at \$25.00 S-XL each Meet T-Shirt (s)

2X & 3X \$30

S-XL \$25 \$ _____

2X-3X \$30 \$ _____

S _____ M _____ L _____ XL _____ XXL _____ XXX _____
(shirts available at the meet in the sizes above at \$30-\$35 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 2024 AWPC-WPC World Cup.

ATHLETE'S SIGNATURE: (parent required if under 18) _____ DATE _____