



Dear Friends,

**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!

**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](mailto: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:

<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 26<sup>th</sup> 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](mailto: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 or [snakeriverpl@cs.com](mailto: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. **All awards will be given on Saturday.**

## Idaho Falls Visitor Bureau

Check out the following sites for information on tourist travels.

[www.visitidahofalls.com](http://www.visitidahofalls.com)

*Jackson Hole Visitor Bureau –*

[www.jacksonholechamber.com](http://www.jacksonholechamber.com)

*West Yellowstone Visitor Bureau –*

[www.destinationyellowstone.com](http://www.destinationyellowstone.com)

*Yellowstone National Park –*

[www.yellowstone-natl-park.com/visit.htm](http://www.yellowstone-natl-park.com/visit.htm)

*Sun Valley Idaho –*

[www.visitsunvalley.com](http://www.visitsunvalley.com)

*Chester's Grand Teton Harley Davidson  
Powerlifters ask for Big Jim 1-208-523-1464*

[www.tetonharley.com](http://www.tetonharley.com)

**[Bishop Barbell](http://www.bishopbarbell.com)**

**[Fitness Supply](http://www.fitnesssupply.com)**

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

[bishopbarbell@gmail.com](mailto:bishopbarbell@gmail.com)

Use discount code "snakeriver" on [bishopbarbell.com](http://www.bishopbarbell.com) and [fitnesssupply.com](http://www.fitnesssupply.com) to save 10% on powerlifting and gym equipment.

**[Empire Strength and Fitness](http://www.empirestrengthandfitness.com)**

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](http://www.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](http://www.worldpowerliftingcongress.com) for complete rules.

**Fees & Payment:** **Late Fee After 7/20/24** \$50 \$ \_\_\_\_\_

Checks or money order payable to Snake River PL Entry Fee \$125 \_\_\_\_\_

Call for Venmo address 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) S-XL \$25 \$ \_\_\_\_\_

2X & 3X \$30 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 \_\_\_\_\_

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