

# USAWA 1<sup>st</sup> Quarter Postal Meet

Dates: Between January 1<sup>st</sup> and March 31<sup>st</sup>, 2017

Entry form must be postmarked by April 5<sup>th</sup>, 2017

Must be a current USAWA member to be eligible for competition

No entry fee. Lifts must be performed on the same day.

Official USAWA rules apply as outlined in the Rule Book

Lifts:

**Clean and Push Press – 2 Dumbbells**

**Cheat Curl – 2 Dumbbells**

**Swing – 2 Dumbbells**

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Mail entry to: Denny Habecker \* 637 North 11<sup>th</sup> Avenue \* Lebanon, PA \* 17046

Or email entry to: [liftingliar@comcast.net](mailto:liftingliar@comcast.net)

ENTRY FORM MUST BE COMPLETELY FILLED OUT AND SUBMITTED TO BE OFFICIALLY ENTERED

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ USAWA Member \_\_\_\_\_ Date \_\_\_\_\_

Bodyweight: \_\_\_\_\_ Bodyweight Class: \_\_\_\_\_

Pounds Lifted: Clean and Push Press – 2 Dumbbells \_\_\_\_\_

Cheat Curl – 2 Dumbbells \_\_\_\_\_

Swing – 2 Dumbbells \_\_\_\_\_

Total \_\_\_\_\_

Name(s) of Official/Officials: \_\_\_\_\_

Lifters Signature: \_\_\_\_\_ Officials Signature \_\_\_\_\_