

USAWA 2nd Quarter Postal Meet

Dates: Between April 1st and June 30th, 2017

Entry form must be postmarked by July 5th, 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:

Snatch From Hang

Hack Lift – One Arm

Pullover and Press

Mail entry to: Denny Habecker * 637 North 11th Avenue * Lebanon, PA * 17046

Or email entry to: 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: Snatch From Hang _____

Hack Lift – One Arm RIGHT / LEFT _____

Pullover and Press _____

Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____