

# USAWA 2nd Quarter Postal Meet

Dates: Between April 1<sup>st</sup> and June 30th, 2018

Entry form must be postmarked by July 5<sup>th</sup>, 2018

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:

**Bench Dip**

**Pullover – Bent Arm**

**Deadlift – One Arm**

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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: Bench Dip \_\_\_\_\_

Pullover – Bent Arm \_\_\_\_\_

Deadlift – One Arm RIGHT or LEFT \_\_\_\_\_

Total \_\_\_\_\_

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

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