

USAWA 3rd Quarter Postal Meet

Dates: Between July 1st and September 30th, 2018

Entry form must be postmarked by October 5th, 2018

Must be a current USAWA member to be eligible for competition

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

Official USAWA rules apply as outlined in the Rule Book

Lifts:

Lateral Raise - Standing

Snatch – 2 Dumbbells

Deadlift – 2 Dumbbells

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: Lateral Raise – Standing _____

Snatch – 2 Dumbbells _____

Deadlift – 2 Dumbbells _____

Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____