

USAWA Postal Championships

Dates: Between October 1st and December 31st, 2018

Entry form must be postmarked by January 5th, 2019

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:

Lateral Raise - Lying

Deadlift – No Thumbs, Overhand Grip

Continental to Belt

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 - Lying _____

Deadlift – No Thumbs, Overhand Grip _____

Continental to Belt _____

Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____