

USAWA 1st Quarter Postal Meet

Competition dates: Between January 1st and March 31st, 2019

Entry form must be postmarked by April 5th, 2019

Must be a current USAWA member to be eligible for competition

No entry fee. Lifts and weigh-in must be performed on the same day.

Official USAWA rules apply as outlined in the Rule Book

Lifts:

Jerk – From Rack

Hack Lift – One Arm

Deadlift – Fulton Dumbbell, One Arm (opposite arm from hack lift)

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 _____ Date _____ Email _____

Bodyweight: _____ Bodyweight Class: _____

Record pounds Lifted in right column and circle arm used:

| | |
|--|--|
| Jerk – From Racks | |
| Hack Lift – One Arm RIGHT or LEFT | |
| Deadlift – Fulton DB, One Arm RIGHT or LEFT | |
| TOTAL | |

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____