

# USAWA 2nd Quarter Postal Meet

Competition dates: Between April 1<sup>st</sup> and June 30<sup>th</sup>, 2019

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

**Snatch – From Hang**

**Curl – Strict, Reverse Grip**

**Vertical Bar Deadlift – 2 Bars, 2"**

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 \_\_\_\_\_ Date \_\_\_\_\_ Email \_\_\_\_\_

Bodyweight: \_\_\_\_\_ Bodyweight Class: \_\_\_\_\_

Record pounds lifted in right column and circle arm used:

Snatch – From Hang	
Curl – Strict, Reverse Grip	
Vertical Bar Deadlift – 2 Bars, 2"	
TOTAL	

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

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