

USAWA 3rd Quarter Postal Meet

Competition dates: Between July 1st and September 30th, 2019

Entry form must be postmarked by October 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:

Pullover and Press

Curl – 2 Dumbbells, Cheat

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 _____ Date _____ Email _____

Bodyweight: _____ Bodyweight Class: _____

Record pounds lifted in right column and circle arm used:

Pullover and Press	
Curl – 2 Dumbbells, Cheat	
Continental to Belt	
TOTAL	

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____