

USAWA Postal Championships

Competition dates: Between October 1st and December 31st, 2019

Entry form must be postmarked by January 5th, 2020

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:

Press – Dumbbell, One Arm

Deadlift – 2 Dumbbells

Push Press – From Rack

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:

Press – Dumbbell, One Arm	RIGHT or LEFT	
Deadlift – 2 Dumbbells		
Push Press – From Rack		
TOTAL		

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____