

USAWA RECORD DAY POSTAL

Dates: Between November 1st and November 30th, 2020

Entry form must be postmarked by December 5th, 2020

Must be a current USAWA member to be eligible for competition

No entry fee. Lifts must be performed on the same day.

Maximum of 5 official lifts may be performed for record.

Official USAWA rules apply as outlined in the Rule Book

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: _____

LIFT	POUNDS LIFTED

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____