

# USAWA 1<sup>st</sup> Quarter Postal Meet

Competition dates: Between January 1<sup>st</sup> and March 31<sup>st</sup>, 2021

Entry form must be postmarked by April 5<sup>th</sup>, 2021

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:

**Bench Press – Feet in Air**

**Curl – Cheat, Dumbbell, One Arm**

**Deadlift – Fulton Bar, Ciavattone Grip**

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:

Bench Press – Feet in Air	
Curl – Cheat, DB, One Arm      RIGHT or LEFT	
Deadlift – Fulton Bar, Ciavattone Grip	
<b>TOTAL</b>	

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

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