

# USAWA Postal Championship

Competition dates: Between October 1st and December 31, 2022

Entry form must be postmarked by January 5th, 2023

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- Reverse Grip**

**Deadlift - Dumbbell - One Hand**

**Zercher**

Mail entry to: Denny Habecker \* 637 North 11th 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- Reverse Grip	
Deadlift - Dumbbell - One Hand      Right or Left	
Zercher	
Total	

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