**Name of meet**: X

**Date**: X

**Location**: X [For private locations such as homes, you may give just city and state, but make sure to send the full address to competitors upon request or upon entry. Otherwise, give the full address here.]

**Weigh**-**In time**: X

**Lifting begins**: X

**The Lifts**: [Omit this if the meet is a record day only]

* X
* X
* [please use official USAWA names.]
* [If any lifts to be contested are not in the USAWA rulebook, please mark them as “(non-USAWA lift)”]

**How to enter**: [give contact information for meet promoter, and/or attach an entry form]

**Record day**: [OPTIONAL - if records may be done after the meet, indicate this]

**Remote lifting**: [OPTIONAL - if remote lifts will be accepted, indicate this and give a deadline for submitting results. Records still require a certified official to be with the lifter in person.]

**Memberships**: [OPTIONAL - State if membership applications will be accepted at the meet, or if lifters must register before entering.]

**Awards**: [OPTIONAL - any information you’d like to include about what awards will be given.]

**Contact**: X [name of meet promoter and their email and/or phone]

[Feel free to include any other information, photos, etc, as desired.]