

# 2010 Delaware Valley Open Postal Meet

Dates: Between September 1<sup>st</sup> and September 30<sup>th</sup>, 2010

Entry form must be postmarked by October 5<sup>th</sup>, 2010

Must be a current USAWA member to be eligible for competition

Entry Fee: None

Official USAWA rules apply as outlined in the Rule Book

Lifts:

**Bench Press – Reverse Grip**

**Squat - Front**

**Continental to Chest**

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Mail entry to: John Wilmot \* Box 125 \* Claymont, DE. \* 19703

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ USAWA Member \_\_\_\_\_ Date \_\_\_\_\_

Bodyweight: \_\_\_\_\_ Bodyweight Class: \_\_\_\_\_

Pounds Lifted: Bench Press – Reverse Grip \_\_\_\_\_

Squat - Front \_\_\_\_\_

Continental to Chest \_\_\_\_\_

Total \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_ Official's Signature \_\_\_\_\_

