

USAWA Postal Championships

Dates: Between December 1st and December 31st, 2014

Entry form must be postmarked by January 5th, 2015

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:

Snatch – From Hang

Deadlift – Dumbbell, One Arm

Pullover and Push

Mail entry to: Denny Habecker * 637 North 11th Avenue * Lebanon, PA * 17046

Or email entry to: liftingliar@comcast.net

Name: _____

Address: _____

City _____ State _____ Zip _____

Age: _____ Date of Birth _____ Phone _____

Male _____ Female _____ USAWA Member _____ Date _____

Bodyweight: _____ Bodyweight Class: _____

Pounds Lifted: Snatch – From Hang _____

Deadlift – Dumbbell, One Arm (RIGHT/LEFT) _____

Pullover and Push _____

Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____

