

USAWA 2nd Quarter Postal Meet

Dates: Between June 1st and June 30th, 2015

Entry form must be postmarked by July 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:

Clean and Seated Press - 2 Dumbbells

Bent Over Row

Rectangular Fix

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: Clean and Seated Press – 2 Dumbbells _____

Bent Over Row _____

Rectangular Fix _____

Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____

