

2010 National Postal Championships

Dates: Between December 1st and December 31st, 2010

Entry form must be postmarked by January 5th, 2011

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 Press – Heels Together

Curl - Cheat

Deadlift – 12" Base

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: Clean and Press – Heels Together _____

Curl - Cheat _____

Deadlift – 12" Base _____

Total _____

Athlete's Signature: _____ Official's Signature _____

