

2011 Eastern Open Postal

Dates: Between March 1st and March 31st, 2011

Entry form must be postmarked by April 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:

Bench Press – Alternate Grip

Squat – 12" Base

Deadlift – Dumbbell, One Arm

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: _____

Official/Officials: _____

Pounds Lifted: Bench Press – Alternate Grip _____

Squat – 12" Base _____

Deadlift – Dumbbell, One Arm _____

(List arm as right or left)

Total _____

Athlete's Signature: _____ Official's Signature _____

