

2011 National Postal Championships

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

Entry form must be postmarked by January 5th, 2012

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 Jerk – 2 Dumbbells

Curl – Reverse Grip

Jefferson Lift

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: Clean and Jerk – 2 Dumbbells _____

(include total weight lifted of both dumbbells)

Curl – Reverse Grip _____

Jefferson Lift _____

Total _____

Lifter's Signature: _____ Official's Signature _____

