

2011 Delaware Valley Open Postal Meet

Dates: Between September 1st and September 30th, 2011

Entry form must be postmarked by October 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:

Push Press – From Rack

Swing – Dumbbell, One Arm

Zercher 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: Push Press – From Rack _____

Swing – Dumbbell, One Arm _____

(List arm as right or left)

Zercher Lift _____

Total _____

Lifter's Signature: _____ Official's Signature _____

