

2011 Middle Atlantic Open Postal

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

Entry form must be postmarked by July 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 – Reverse Grip

Curl – Dumbbell, Cheat, One Arm

Continental to Chest and Jerk

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 Press – Reverse Grip _____

Curl – Dumbbell, Cheat, One Arm _____

(List arm as right or left)

Continental to Chest and Jerk _____

Total _____

Lifter's Signature: _____ Official's Signature _____

