

USAWA Delaware Valley Open Postal Meet

Dates: Between September 1st and September 30th, 2012

Entry form must be postmarked by October 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 Press – Heels Together

Snatch – 2 Dumbbells

Deadlift – Ciavattone Grip

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 _____

Snatch – 2 Dumbbells _____

Deadlift – Ciavattone Grip _____

Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____

