

USAWA Middle Atlantic Open Postal Meet

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

Entry form must be postmarked by July 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 Push Press – 2 Dumbbells

Snatch – From Hang

Curl – 2 Dumbbells, Cheat

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 Push Press – 2 Dumbbells _____

Snatch – From Hang _____

Curl – 2 Dumbbells, Cheat _____

Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____

