

USAWA National Postal Championships

Dates: Between December 1st and December 31st, 2012

Entry form must be postmarked by January 5th, 2013

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

Squat – 12" Base

Deadlift – 2 Dumbbells

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 – Reverse Grip _____

Squat – 12" Base _____

Deadlift – 2 Dumbbells _____

Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____

