

# USAWA Delaware Valley Open Postal Meet

Dates: Between September 1<sup>st</sup> and September 30<sup>th</sup>, 2013

Entry form must be postmarked by October 5<sup>th</sup>, 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 – 12" Base**

**Swing – Dumbbell, One Arm**

**Deadlift – 2 Bars**

---

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 – 12" Base \_\_\_\_\_

Swing – Dumbbell, One Arm \_\_\_\_\_

Deadlift – 2 Bars \_\_\_\_\_

Total \_\_\_\_\_

Name(s) of Official/Officials: \_\_\_\_\_

Lifters Signature: \_\_\_\_\_ Officials Signature \_\_\_\_\_

