

# USAWA Middle Atlantic Open Postal Meet

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

Entry form must be postmarked by July 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:

**Press – From Rack**

**Curl – Reverse Grip**

**Hack Lift**

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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: Press – From Rack \_\_\_\_\_

Curl – Reverse Grip \_\_\_\_\_

Hack Lift \_\_\_\_\_

Total \_\_\_\_\_

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

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

