

# USAWA National Postal Championships

Dates: Between December 1<sup>st</sup> and December 31<sup>st</sup>, 2013

Entry form must be postmarked by January 5<sup>th</sup>, 2014

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 Jerk – One Arm**

**Curl – 2 Dumbbells, Cheat**

**Deadlift – Heels Together**

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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: Clean and Jerk – One Arm \_\_\_\_\_

Curl – 2 Dumbbells, Cheat \_\_\_\_\_

Deadlift – Heels Together \_\_\_\_\_

Total \_\_\_\_\_

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

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

