

# USAWA 1<sup>st</sup> Quarter Postal Meet

Dates: Between March 1<sup>st</sup> and March 31<sup>st</sup>, 2014

Entry form must be postmarked by April 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:

**Swing – Dumbbell, One Arm**

**Deadlift – No Thumbs, One Arm**

**Deadlift – 2 Bars**

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Mail entry to: Denny Habecker \* 637 North 11<sup>th</sup> Avenue \* Lebanon, PA \* 17046

Or email entry to: [liftingliar@comcast.net](mailto:liftingliar@comcast.net)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth \_\_\_\_\_ Phone \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ USAWA Member \_\_\_\_\_ Date \_\_\_\_\_

Bodyweight: \_\_\_\_\_ Bodyweight Class: \_\_\_\_\_

Pounds Lifted:    Swing – Dumbbell, One Arm (RIGHT /LEFT)                      \_\_\_\_\_

                            Deadlift – No Thumbs, One Arm (RIGHT/LEFT)                      \_\_\_\_\_

                            Deadlift – 2 Bars    \_\_\_\_\_

                            Total    \_\_\_\_\_

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

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

