

USAWA 2nd Quarter Postal Meet

Dates: Between June 1st and June 30th, 2014

Entry form must be postmarked by July 5th, 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:

Curl - Cheat

Snatch – One Arm

Clean and Push Press

Mail entry to: Denny Habecker * 637 North 11th Avenue * Lebanon, PA * 17046

Or email entry to: liftingliar@comcast.net

Name: _____

Address: _____

City _____ State _____ Zip _____

Age: _____ Date of Birth _____ Phone _____

Male	Female	USAWA Member	Date
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Bodyweight: _____ Bodyweight Class: _____

Pounds Lifted: Curl - Cheat

Snatch – One Arm (RIGHT/LEFT)

Clean and Push Press

Total

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____

