

USAWA 1st Quarter Postal Meet

Dates: Between March 1st and March 31st, 2015

Entry form must be postmarked by April 5th, 2015

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:

Pullover and Press

Curl – Cheat, Reverse Grip

Clean and Jerk – Behind Neck

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 _____

Bodyweight: _____ Bodyweight Class: _____

Pounds Lifted: Pullover and Press _____

Curl – Cheat, Reverse Grip _____

Clean and Jerk – Behind Neck _____

Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____

