

USAWA 3rd Quarter Postal Meet

Dates: Between September 1st and September 30th, 2015

Entry form must be postmarked by October 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:

Crucifix

Curl – Cheat, Dumbbell, One Arm

Deadlift – One Arm (opposite arm)

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: Crucifix _____

 Curl – Cheat, Dumbbell, One Arm (RIGHT/LEFT) _____

 Deadlift – One Arm (RIGHT / LEFT) _____

 Total _____

Name(s) of Official/Officials: _____

Lifters Signature: _____ Officials Signature _____