

# USAWA Postal Championships

Dates: Between December 1<sup>st</sup> and December 31st, 2015

Entry form must be postmarked by January 5<sup>th</sup>, 2016

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:

## Deadlift – Fulton Bar, Ciavattone Grip

## Arthur Lift

## Snatch – Dumbbell, One Arm

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

Pounds Lifted:     Deadlift – Fulton Bar, Ciavattone Grip

Arthur Lift

### Snatch – Dumbbell, One Arm (RIGHT/LEFT)

Total

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

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