

# USAWA 4th Quarter Postal Meet

Competition dates: Between October 1 and December 31, 2024

Entry form must be postmarked by January 5, 2025

Must be a current USAWA member to be eligible for competition

No entry fee. Lifts and weigh-in must be performed on the same day.

Official USAWA rules apply as outlined in the Rule Book

Lifts:

Press-Dumbbell - One Hand

Deadlift-Dumbbell - One Hand

Bent-over Row

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

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

ENTRY FORM MUST BE COMPLETELY FILLED OUT AND SUBMITTED TO BE OFFICIALLY ENTERED

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

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

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

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

Male \_\_\_\_\_ Female \_\_\_\_\_ Date \_\_\_\_\_ Email \_\_\_\_\_

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

Record pounds Lifted in right column and circle arm used:

Press-Dumbbell - One Hand (Right or Left)	
Deadlift-Dumbbell - One Hand (Right or Left)	
Bent-over Row	
Total	

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