

USAWA 2026 1st Quarter Postal Meet

Completion dates: Between January 1 and March 31

Entry form must be postmarked by April 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:

Snatch – One Arm

Bench Press – Reverse Grip

Deadlift – 2 Bars

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

Or email entry to: 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:

Snatch – One Arm R or L	
Bench Press – Reverse Grip	
Deadlift – 2 Bars	
Total	

Name(s) of Official(s)_____