

## USAWA 2026 3rd Quarter Postal Meet

Completion dates: Between July 1 and September 30

Entry form must be postmarked by October 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 – From Hang

Pullover and Push

Deadlift – Dumbbell, One Arm

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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)

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:

<b>Snatch – From Hang</b>	
<b>Pullover and Push</b>	
<b>Deadlift – Dumbbell, One Arm R or L</b>	
<b>Total</b>	

Name(s) of Official(s)\_\_\_\_\_