

USAWA 2026 4th Quarter Postal Meet

Completion dates: Between October 1 and December 31

Entry form must be postmarked by January 5, 2027

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:

Deadlift - Ciavattone Grip, One Arm

Holdout - Raised

Continental to Belt

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:

Deadlift – Ciavattone Grip, One Arm R or L	
Holdout - Raised	
Continental to Belt	
Total	

Name(s) of Official(s)_____