



SA RAW POWERLIFTING CHAMPIONSHIPS – 16-18/03/2017

Date:
Place:
Preliminary entry's
Final Entry's

THURSDAY 16th – Saturday 18th MARCH 2017
ELGRO HOTEL POTCHEFSTROOM
Friday 26th Feb 2017
Monday 2nd March 2017

THURSDAY - 16th MARCH 2017

Session 1

06:00-07:30 Start 08:00 - Sub/Jnr, Jnr, Open & Master
53, 59 & 66 kg **Men**

Session 2

11:00-12h30 Start 13h00 – Sub/Jnr, Jnr, Open & Master
74 kg **Men**

Session 3

16:00-17:30 Start 18:00 - Sub/Jnr, Jnr, Open & Master
83 kg **Men**

FRIDAY - 17TH MARCH 2017

Session 1

06:00-07:30 Start 08:00 - Sub/Jnr, Jnr, Open & Master
93 - 105 kg **Men**

Session 2

11:00-12h30 Start 13h00 – Sub/Jnr, Jnr, Open & Master
43 - 57 kg **Women**

Session 3

16:00-17:30 Start 18:00 – Sub/Jnr, Jnr, Open & Master
63 kg **Women**

SATURDAY - 18TH MARCH 2017

Session 1

**07:00-08:30 Start 09:00 – Sub/Jnr, Jnr, Open & Master
72 -+84 kg Women**

Session 2

**12:00-13:30 Start 14:00 – Sub/Jnr, Jnr, Open & Masters
120, & +120 kg Men**

BANQUET – ELGRO HOTEL 19:00

**Contact: Hannie Smith - 0825663433
Vicki Botha - 0824473848**

**Entry Fee: R 650-00 per Lifter – INCLUDES - Entry fee, Banquet
T-Shirt & Participation Medal**

**R 100-00 for Additional class if qualified to compete.
Additional Banquet Tickets R 250-00**

A G M will be on Wednesday Evening 15th March 2017 at the ELGRO Hotel – 18h00

**DEPOSIT ALL ENTRY FEES IN ACCOUNT OF --- JOHAN SMITH / POWERLIFTING UNLIMITED,
FNB - ACC NR 62604351122 – Branch Code 250437 please use your Name as reference.**

***ALL T-SHIRT SIZES NEEDED WITH FINAL ENTRIES.**

***ENTRIES MUST BE PAID WITH FINAL ENTRY'S not later than 2nd March 2017**

***PROVINCES MUST ENSURE THAT ALL LIFTERS IS AFFILIATED AND HAS QUALIFIED**

***NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!**

Please fax all entry forms to 086 524 3879 or mail to hannie@lagayim.co.za