



SA RAW POWERLIFTING CHAMPIONSHIPS – 28 -30/03/2019

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

THURSDAY 28th – SATURDAY 30th MARCH 2019
ELGRO HOTEL CON HALL POTCHEFSTROOM
Friday 1st March 2019
Monday 15th March 2019

THURSDAY - 28th MARCH 2019

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 – 29th MARCH 2019

Session 1

06:00-07:30 Start 08:00 - Sub/Jnr, Jnr, Open & Master
43 - 57 kg **Women**

Session 2

11:00-12h30 Start 13h00 – Sub/Jnr, Jnr, Open & Master
93 - 105 kg **Men**

Session 3

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

SATURDAY – 30th MARCH 2019

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 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 300-00 for Additional class if qualified to compete.

Additional Banquet Tickets R 200-00

A G M will be on Wednesday Evening 27th March 2019 at Venue – 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 15th March 2019**

***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