



# SA RAW POWERLIFTING CHAMPIONSHIPS – 5-7/12/2019

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

**THURSDAY 5<sup>th</sup> – SATURDAY 7<sup>th</sup> DECEMBER 2019**  
**ELGRO HOTEL CON HALL POTCHEFSTROOM**  
**Friday 11<sup>th</sup> November 2019**  
**Monday 22<sup>nd</sup> November 2019**

## **THURSDAY - 5<sup>th</sup> DECEMBER 2019**

### **Session 1**

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

### **Session 2**

**10:00-11:30 Start 12:00 - Sub/Jnr, Jnr, Open & Master**  
**53, 59 & 66 kg Men**

### **Session 3**

**14:00-15h30 Start 16h00 – Sub/Jnr, Jnr, Open & Master**  
**74 kg Men**

## **FRIDAY – 6<sup>th</sup> DECEMBER 2019**

### **Session 1**

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

### **Session 2**

**10:00-11:30 Start 12:00 – Sub/Jnr, Jnr, Open & Master**  
**63 kg Women**

### **Session 3**

**14:00-15h30 Start 16h00 – Sub/Jnr, Jnr, Open & Master**  
**93 - 105 kg Men**

**SATURDAY – 7<sup>th</sup> DECEMBER 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**

**NO BANQUET – BEST LIFTERS DIRECTLY AFTER LAST SESSION**

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

**Entry Fee: R 600-00 per Lifter – INCLUDES - Entry fee,  
T-Shirt & Participation Medal**

**R 300-00 for Additional class if qualified to compete.**

**A G M will be on Wednesday Evening 4<sup>th</sup> DECEMBER 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 22<sup>nd</sup> November 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](mailto:hannie@lagayim.co.za)**