



# 2021 - RAW POWERLIFTING CHAMPIONSHIPS – 22-25/04/2021

**Date:** THURSDAY 22<sup>nd</sup> – SUNDAY 25<sup>th</sup> APRIL 2021  
**Place:** ELGRO HOTEL CON HALL POTCHEFSTROOM  
**Preliminary entry's** Saturday 20<sup>th</sup> March 2021  
**Final Entry's** Monday 12<sup>th</sup> April 2021

## THURSDAY – 22<sup>nd</sup> APRIL 2021

### 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 – 23<sup>rd</sup> APRIL 2021

### 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 - 69kg Women

### Session 3

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

**SATURDAY – 24<sup>th</sup> APRIL 2021**

**Session 1**

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

**Session 2**

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

**Schedule of lifting to be confirmed depending on entries and prevailing COVID-19 conditions.**

**NO BANQUET – BEST LIFTERS WILL BE AWARDED AFTER LAST SESSION AND TEAMS WILL BE ANNOUNCED**

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

**Entry Fee: R 750-00 per Lifter – INCLUDES - Entry fee,  
T-Shirt & Participation Medal**

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

**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 12 April 2021**

**\*PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED AND HAVE 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)**