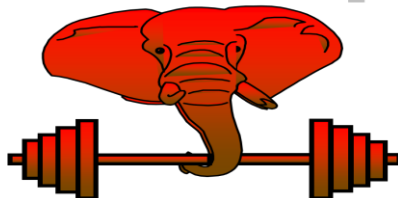


Eastern Cape



Powerlifting

EC Classic Powerlifting, EC Equipped & Classic Bench Press and Development Championship (Qualifier for SA Classic Powerlifting Championships)

DATE: 7 September 2019

WEIGH IN: Classic/Dev: 07:00 - 08:30

START TIME: 09:00

BENCH WEIGH IN: To be announced

START TIME: To be announced

PLACE: Cape Recife School, Admiralty Road, Summerstrand

ENTRY FEE: Classic: R450 – (Trophy, T-shirt & Certificate) plus extra age category R200
Bench Press: R450 – (Trophy, T-shirt & Certificate) plus extra age category R200
Development: R450 – (Trophy, T-shirt & Certificate) plus extra age category R200

SINGLETs: R50 (HIRE)

CLOSING DATE: 23 August 2019

NO AFFILIATION / NO ENTRY MONEY = NO COMPETITION: AFFILIATION FORMS AND COPY OF IDENTITY DOCUMENT (ID):

PAYMENT: USE YOUR NAME AND SURNAME AS REFERENCE - STANDARD BANK; PURESAVE Account;
Acc No. 28-716-782-8; Acc. Holder. E.C. Powerlifting. Deposit Slips and entry forms must be e-mailed to
jacqueline.harding47@gmail.com or Whatsup to 083 650 9029 before or on the closing date. NO LATE ENTRIES

LIFTER DETAILS

Name: _____ Surname: _____ DOB: _____

Cell no: _____ E-mail: _____

Male: _____ Female: _____ Disable: _____ Weight Class: _____

Age Category: Sub-junior: _____ Junior: _____ Open: _____ M1: _____ M2: _____ M3: _____

Competition: Classic PL: _____ Classic Bench Press: _____ Equipped Bench Press: _____ Development: _____

Additional Age Category: Sub-junior: _____ Junior: _____ Open: _____ M1: _____ M2: _____ M3: _____

Additional Competition: Classic PL: _____ Classic Bench Press: _____ Equipped Bench Press: _____ Development: _____

T-Shirt size: _____ Extra T-Shirt size: _____

SCHOLARS: School: _____

Mom Name: _____ Cell no: _____

Dad Name: _____ Cell no: _____

No Late Entries will be accepted.

Contact your coach / chairperson for more details.

Jacqueline: Secretary Cell: 083 650 9029