**SA BENCH EQUIPPED PRESS CHAMPIONSHIPS – 21 MARCH 2020**

***Depending on how many entries we receive, the weigh in time may change.***

Date: 21 March 2020 - Saturday

Place: Cape Recife, 58 Admiralty Way, Summerstrand, PE

Preliminary entry’s: Friday - 21 February 2020

Final entry’s: Friday - 6 March 2020

**Weigh in 12:00 – 13:30 Start 14:00**

Entry Fee: R650-00 per Lifter – INCLUDES - Entry fee, Medal, Banquet, T-Shirt & Participation Medal

**R300-00 for Additional age cat if qualified to compete**

**BANQUET – Venue to be announced – Time - 19:00**

**Dress Code – Formal**

**Additional Banquet Tickets R150-00 – Bookings to be received by 13 March 2020**

Meet Director: André Ludik - 083 286 1398

Contact: Elisabeth Barry - 083 308 8373

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

**ENTRY FEES MUST BE PAID INTO: USE YOUR NAME AND SURNAME AS REFERENCE**

**Capitec BANK; Savings Account; Acc No. 168 5151 815; Acc. Holder. E.C. Powerlifting. (I.M Maritz)**

**Deposit Slips and entry forms must be e-mail to** [**elisabethbarry1@gmail.com**](mailto:elisabethbarry1@gmail.com) **or WhatApp to 083 308 8373 before or on the closing date.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Age**  **Cat** | **Additional**  **Cat** | **Weight Div** | **Equipped** | **M/F** | **T-Shirt Size** | **Additional**  **Banquet Tickets** | **Total Paid** |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

**Please use your Name as Reference – Mail proof of payment to** ilzemarimaritz@gmail.com

**\*All T-SHIRT SIZES NEEDED WITH FINAL ENTRIES**

**\*ENTRIES MUST BE PAID WITH FINAL ENTRIES not later than 6 March 2020**

***No Late Entries will be accepted***

**\*PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED for 2020 AND HAVE QUALIFIED**

**Online entry form will be made available on the website. If you don’t enter online, please mail all entry forms to** [**elisabethbarry1@gmail.com**](mailto:elisabethbarry1@gmail.com)