

First Timer Competition



(everybody welcome – lifters don't need to be affiliated yet – no banned/suspended lifters)

Date : Sunday 23rd April 2017

Venue : **School of Strength**, 3 Adele Place, Hurlingham Ext 5

Directions : Turn into Republic Road from William Nicol.

1st left into Waggon Rd.

Continue on Waggon Rd until the first stop street (T junction).

Turn left into Adele Place.

School of Strength is the third driveway on the right (panhandle).

Park on the open field across the road.

Competition: **Raw Powerlifting**

Participation medals for all lifters.

Weigh-in : 10h00

Lifting starts : As soon as weigh-in is finished

Entry fee : R250 per lifter. Pay on the day.

Send entry forms to Rodney - 082 898 7706. rodanthony29@gmail.com

Lifters don't need to be affiliated, but no banned/suspended lifters may enter

Lifter Details:

Name: _____ Surname : _____

Birthdate: _____

Subjunior Junior Senior

Weight Class : _____

M1 M2 M3 M4

Affiliated: _____

Cell no: _____