

# GAUTENG OPEN BENCH

## RAW AND EQUIPPED

DATE:	31 <sup>st</sup> August 2013
PLACE:	St Stithians Girls Gymnasium
REGISTRATION:	7am on the day, entries for all divisions, raw and equipped. All entries done before the day of the comp, and paid up, do not have to register.
ENTRANCE FEE:	R300 (includes t-shirt) – if entry and payment is received before the competition. R400 (t-shirt not guaranteed), for entries received on the day.
WEIGH IN:	
COMP1	8am – 9.30am RAW Women: 43, 47, 52, 57, 63 kg divisions 8am – 9.30am RAW Men: 59, 66, 74, 83kg divisions
COMP 2	10am – 11.30am RAW Women: 72, 84, 84+ kg divisions 10am – 11.30am RAW Men: 93, 105, 120, 120+ kg divisions
COMP 3	12pm – 1.30pm EQUIPPED Women: 43, 47, 52, 57, 63 kg divisions 12pm – 1.30pm EQUIPPED Men: 59, 66, 74, 83kg divisions
COMP 4	2pm – 3.30pm EQUIPPED Women: 72, 84, 84+ kg divisions 2pm – 3.30pm EQUIPPED Men: 93, 105, 120, 120+ kg divisions

If you are going to lift in both competitions, you have to weigh in twice, for each of the competitions. You do, however, only pay one entry fee. Medals awarded after each competition.

LIFTING STARTS: COMP 1: 10am COMP 2: 12pm COMP 3: 2pm COMP 4: 4pm

MEET DIRECTOR: RODNEY ANTHONY CONTACT NUMBER 0828987706

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### **ENTRY FORM**

NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ CELL No: \_\_\_\_\_

DIVISION: \_\_\_\_\_ CLUB/PROVINCE: \_\_\_\_\_

T-SHIRT SIZE: \_\_\_\_\_