



GAUTENG OPEN BENCH

RAW AND EQUIPPED

DATE: 23rd August 2013

PLACE: St Stithians Girls Gymnasium, Sandton

WEIGH IN:

COMP 1 Weigh In: 8am – 9.30am RAW All Divisions
Lifting: 10am

COMP 2 Weigh In: 11am – 12.30pm Equipped All Divisions
Lifting: 1pm

ENTRANCE FEE: R350 (includes t-shirt) – if entry and payment is received before 9 August
Entries open to all provinces
2014, T shirt is guaranteed
Entries accepted on the day, T shirt not guaranteed

R100 of each entry will be allocated to a prize in a raffle. Record breakers qualify for extra draws per record

Lifters can compete in both competition for no extra fee. If you are going to lift in both competitions, you do not need to weigh in twice. You do, however, only pay one entry fee. Medals awarded after each competition.

MEET DIRECTOR:

RODNEY ANTHONY

CONTACT 0828987706

ENTRY FORM

NAME: _____

SURNAME: _____

DATE OF BIRTH: _____

CELL No: _____

DIVISION: _____

CLUB/PROVINCE: _____

T-SHIRT SIZE: _____