


- * Unequipped powerlifting qualifier will now be held on the 2nd of March 2019.
- * SA's that will take place in Potch, 28 March - 30 March 2019
- * Final entries for SA's 15th of March 2019

Entry fees for the upcoming qualifier: R400.00 (this fee is applicable for performing all 3 lifts, For Bench only and Deadlift only)

***** **PLEASE NOTE THAT YOU CAN ONLY QUALIFY BY REACHING GIVEN TOTAL IN YOUR WEIGHT CLASS BY PERFORMING ALL 3 LIFTS AND OR BENCH ONLY. YOU CANNOT QUALIFY BY DOING DEADLIFT ONLY.** However as this competition will be for everyone from beginner to advance, you are still welcome to

enter. This will only make you more experienced for future competitions  There is an extra R150.00 fee payable for entering in an extra division. Which means that if you have paid R400.00 for bench only another fee of R150.00 will be payable if you wish to do deadlift only.

R250.00 per shirt. Please make sure that you give us the right size. We will make lady cuts shirts as well, which is much smaller than the men's cut.

This is for anyone that is interested--- A workshop will be held on the 23rd of February 2019 at MUSCLE PRO GYM, 29 Toon van der Heever, Dan Pienaar, Emily hobhouse square centre Bloemfontein. This will prepare you for the qualifier taking place on the 2nd of March. This will cover all details in regards to rules, good lifts, no lifts and proper attire. The workshop will start at 08:00am and will continue till 09:30am. **This is also an important day for those of you that wish to take this sport *next level*. We will host a powerlifting development competition starting at 11am on the 23rd of March 2019.**

Should you know of anyone that might be interested in competing, please send us their contact details so we can add them to our mailing list.

Please make sure your entries and fees are in by the 22nd of February 2019 to avoid disappointment.

If you have any questions or concerns please give us a call.
061 627 6387

Kind regards
TEAM MPG