



## SA EQUIPPED POWERLIFTING CHAMPIONSHIPS

## 30 / 31 MAY 2014 - POTCHEFSTROOM

Date: FRIDAY 30 & SATURDAY 31 MAY 2014

Place: ELGRO HOTEL POTCHEFSTROOM

Preliminary entry's FRIDAY 18 APRIL 2014 Final Entry's FRIDAY 9 MAY 2014

Friday 30 May 2014 Session 1

Weigh In times: 07:00 - 08:30 Start 09:00 -All Women 43kg to 84+ kg

**Session 2** 

10:30 - 12:00 Start 12:30 - All Men 53kg, 59kg, 66 kg

Session 3

14:00 - 15:30 Start 16:00 - All Men 74kg & 83 kg

Saturday 31 May 2014

Weigh In times: Session 1

07:00-08:30 Start 09:00 – All Men 93kg - 105kg

Session 2

11:00-12:30 Start 13:00 – All Men 120kg & 120+ kg

Contact: HANNIE SMITH - 0825663433

Entry Fee: R 500-00 per Lifter – INCLUDES - Entry fee,

T-Shirt, Prize giving directly after lifting in venue with a

finger meal afterwards.

R 100-00 for Additional class if qualified to compete.

R 100-00 for Additional meal ticket.

THERE WILL ONLY BE A FINGER MEAL AFTER THE PRIZE GIVING FOR THE FOLLOWING REASON:

1. THE TECHNICAL MEETING FOR THE RAW WORLD CHAMPIONSHIPS IS THE SAME EVENING SATURDAY 31MAY 2014 AND START AT 20H00 WHICH MUST BE ATTENDED BY ALL COACHES AND MANAGERS.

DEPOSIT ALL ENTRY FEES IN NORTH - WEST POWERLIFTING ACCOUNT, FNB- ACC NR 62014121199, Branch code 250437 – Please use Name as reference.

## \*ALL T-SHIRTSIZES NEEDED WITH FINAL ENTRY'S.

NAME	WEIGHT CLASS	AGE CAT	SEX	DATE OF BIRTH	T-SHIRT SIZE	EXTRA MEAL TICKET	CONTACT DETAILS

\*ENTRIES MUST BE PAID WITH FINAL ENTRY'S BY 9 MAY 2014

**NO LATE ENTRY'S.** 

\*PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED AND HAS QUALIFIED

\*NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!

Please fax all entry forms to 086 524 3879 or mail to hannie@lagayim.co.za