



SA INTER PROVINCIAL POWERLIFTING AND BENCH PRESS CHAMPIONSHIPS

Date: 18 AUGUST 2012
Place: GIRLS SCHOOL HALL, ST STITHIANS, SANDTON
Time: 09H00 and 13H00. Details to follow after closing date
Weigh In: 07H00 and 11H00. Details to follow after closing date
Contact: Rodney Anthony 082 898 7706
Entry Fee: R 200 + R50 doping
Final entries: 10 AUGUST 2012

DEPOSIT ALL MONIES IN GAUTENG POWERLIFTING ACCOUNT, ABSA ACC NR 404 243 8085

- *ALL FEES MUST BE PAID WITH ENTRY**
- *NO LATE ENTRIES**
- *PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED**
- *NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!**

Please fax all entry forms to 086 654 6978 or mail to helgard@oxygengym.co.za

Province: _____

Manager: _____

Coach: _____

Referees (Available): _____

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