



SA RAW CLASSIC POWERLIFTING CHAMPIONSHIPS - 2015

Date: Thursday 26, Friday 27 & Saturday 28th March 2015
Place: ELGRO HOTEL POTCHEFSTROOM
Preliminary Entry's Monday 16th February 2015
Final Entry's Monday 9th March 2015

Weigh In: **Thursday 26th March 2105**
Session 1
07:00 -08:30 Start 09:00 –S/Jnr & Jnr Men 53-59 kg
Session 2
11h00-12h30 Start 13h00 – S/Jnr & Jnr Men 66,74 & 83 kg

Friday 27th March 2015
Session 1
06:00-07:30 Start 08:00 Open & M1-M4 Men 59 & 66 kg
Session 2
10:00-11h30 Start 12h00 All Women 43, 47, 52 & 57kg
Session 3
14:00-15h30 Start 16h00 - Open & M1-M4 Men 74 - 83kg

Saturday 28th March 2015
Session 1
06h00-07h30 Start 08h00 S/Jnr & Jnr 93,105,120& +120kg
Session 2
10:00-11:30 Start 12:00 – All Women 63, 72, 84 & +84 kg
Session 3
14h00-15h30 Start 16h00 – Open & M1-M4 93, 105, 120 & +120kg

Contact: Hannie Smith - 0825663433

Entry Fee: R 400-00 per Lifter – INCLUDES Entry fee,
T-Shirt & Participation Medal
R 100-00 for Additional class if qualified to compete.

**DEPOSIT ALL ENTRY FEES IN ACCOUNT OF --- JOHAN SMITH , FNB - ACC NR 62009242637 –
Branch Code 250437 Please use your Name as reference.**

***ALL T-SHIRT SIZES NEEDED WITH FINAL ENTRY'S .**

***ENTRIES MUST BE PAID WITH FINAL ENTRY'S not later than 9th March 2015**

***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