



SA POWERLIFTING CHAMPIONSHIPS

Date: SATURDAY 20 OKTOBER 2012
Place: LAGAYIM AVONTUUR SENTRUM FOCHVILLE
Time: 10:00 - LIFTING START
Weigh In: 08:00 to 9:30
Contact: HANNIE SMITH - 0825663433
Entry Fee: R250 per Lifter – XTRA CATEGORY R 100
T-Shirt: R 85.00
Banquet R 150 per person

DEPOSIT ALL MONIE IN NOTRT WEST POWERLIFTING ACCOUNT, FNB ACC NR 62014121199

***ALL BANQUET AND T-SHIRT MUST BE ORDERED AND PAID BY 1 OKTOBER 2012**

***ENTRIES MUST BE PAID BY 1 OKTOBER 2012**

LATE ENTRIES WILL BE ALLOWED AT R 500 PER LIFTER

***PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED AND HAVE QUALIFIED**

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

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

Club: _____

Manager: _____

Coach: _____

Referees (Available): _____

