



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

Weigh In times:

Session 1

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.**

