



# SA EQUIPPED POWERLIFTING CHAMPIONSHIPS - 2015

**Date:** FRIDAY 26<sup>th</sup> & SATURDAY 27<sup>th</sup> JUNE 2015  
**Place:** ELGRO HOTEL POTCHEFSTROOM  
**Preliminary entry's** Monday 25<sup>th</sup> MAY 2015  
**Final Entry's** Monday 8<sup>th</sup> JUNE 2015  
**Weigh In:** FRIDAY 26<sup>th</sup> JUNE 2105

**Session 1**  
06:00 -07:30 Start 08:00 –S/Jnr & Jnr Men  
Men 53 – 66 kg

**Session 2**  
10h00-11h30 Start 12h00 – S/Jnr & Jnr Men 74.0-120+ kg

**Session 3**  
14:00-15h30 Start 16h00 - OPEN & Master M1-4 Men  
59.0 – 83.0 kg

**SATURDAY 27<sup>th</sup> JUNE 2015**

**Session 1**  
06:00-07:30 Start 08:00 All Women 43 – +84.0 kg

**Session 2**  
10:00-11h30 Start 12h00 OPEN & M1-4 MEN 93.0-  
120+ kg

**Contact:** Hannie Smith - 0825663433  
**Entry Fee:** R 650-00 per Lifter – INCLUDES - Entry fee, Banquet  
Sublimated T-Shirt & Participation Medal

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

**A G M will be on Thursday Evening 25<sup>th</sup> June 2015 at the Elgro Hotel – 18h00**

**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 8<sup>th</sup> June 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](mailto:hannie@lagayim.co.za)**