



SA RAW CLASSIC POWERLIFTING CHAMPIONSHIPS - 2014

Date: FRIDAY 14 & SATURDAY 15 MARCH 2014
Place: ELGRO HOTEL POTCHEFSTROOM
Preliminary entry's FRIDAY 31 JANUARY 2014
Final Entry's FRIDAY 21 FEBRUARY 2014
Weigh In: Friday 14 March 2104

07:00 -8:30Start09:00 –All Men 53-59 kg

Session 2

10:00-11:30 Start 12:00 - All Women 43,47,57 & 63 kg

Session 3

13:00-14:30 Start 15:00 - All Men 66.74 & 83 kg

Session 4

16:00-17:30 Start 18:00 – All Women 72,84 & +84 kg

Saturday 15 March 2014

Session 1

07:00-08:30 Start 09:00 – All Men 93-105 kg

Session 2

12:00-13:30 Start 14:00 – All Men 120 - +120 kg

Contact: HANNIE SMITH - 0825663433

Entry Fee: R 500-00 per Lifter – INCLUDES - Entry fee, Banquet T-Shirt

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

R 200-00 for Additional Banquet ticket.

Banquet: SATURDAY 15 MARCH 2014 at 19:00 –
Van Rooyen Hall, Piet Bosman street
Potchefstroom.

Cash Bar

DRESS CODE – FORMAL (JACKET & TIE)

DEPOSIT ALL ENTRY FEES IN NORTH - WEST POWERLIFTING ACCOUNT, FNB- ACC NR 62014121199 – Please use Name as reference.

***ALL T-SHIRTSIZES NEEDED WITH FINAL ENTRY'S .**

Name	Raw Weight class	Age Cat.	Sex	Banq Ticket		T shirt size
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***ENTRIES MUST BE PAID WITH FINAL ENTRY'S BY 25 January 2014**

NO LATE ENTRY'S.

***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

