

# 7 Attempt Competition 2017



*(everybody welcome – all lifters must be SAPF affiliated)*

**Date** : Saturday 25<sup>th</sup> November 2017

**Venue** : School of Strength, 3 Adele Place, Hurlingham

**Directions** : Turn into Republic Road from William Nicol. 1st left into Waggon Rd.  
Continue on Waggon Rd until the first stop street (T junction).  
Turn left into Adele Place. School of Strength is the third driveway on the right (panhandle).  
Park on the open field across the road.

**Competition**: Rodney's Raw Rules, 7 Attempts, Rising Bar

**Weigh-in** : 08h00

**Lifting starts**: 10h00

**Entry fee** : R400 per lifter.

Closing date for entries 23 November 2017. Entry fee after that R500.

*Payments to C Anthony, First National Bank, Acc 62032347719 Code 250017.*

*Proof of payment to Rodney - 082 898 7706. [rodanthony29@gmail.com](mailto:rodanthony29@gmail.com)*

R100 of fee towards prizes. 25% to best female, 25% to best male, 50% lucky draw.

Lifters must be SAPF affiliated to enter. Non-registered lifters must affiliate for 2018.

**Lifter Details:**

Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Subjunior ☐ Junior ☐ Senior ☐

Weight Class: \_\_\_\_\_ M1 ☐ M2 ☐ M3 ☐ M4 ☐

Club/Coach: \_\_\_\_\_ Male ☐ Female ☐

Cell no: \_\_\_\_\_ Email: \_\_\_\_\_

**This event is a qualifying competition for the 2018 SA Raw Powerlifting Championships.**