

# CHRISTMAS COMPETITION - 2 COMPETITIONS

## QUALIFICATION FOR SA RAW CHAMPS 2014 AND 7 ATTEMPTS RODNEY RULES

DATE: 23<sup>RD</sup> November 2013

VENUE: St Stithians HPC Gym

ENTRANCE FEE: R250 (includes t-shirt)

ALL lifters from all provinces welcome. Entry forms in by 21<sup>st</sup> November.  
Entries will be allowed on the day, but t-shirt not guaranteed.  
Account details: C Anthony, ABSA, 711639144, b/code 631 005.  
Email completed entry form to rodandcarol@icon.co.za

SCHEDULE COMP 1: Weigh in at 7am Lifting to start at 9am ALL LIFTING RAW  
All lifters to be affiliated for 2014.  
Seniors and Masters– R300, Juniors – R150, Sub Juniors – R75. Please bring a copy of your ID.

SCHEDULE COMP 2: 7 ATTEMPTS – RODNEY RULES  
Weigh in at 11am Lifting to start at 1pm (after Comp 1)  
If you're not affiliated for 2013, 1<sup>st</sup> time affiliation is R10.

MEET DIRECTOR: RODNEY ANTHONY CONTACT NUMBER 082 8987706

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### **ENTRY FORM**

NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_\_ CELL No: \_\_\_\_\_

BODY MASS: \_\_\_\_\_ T-SHIRT SIZE: \_\_\_\_\_

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Comp 1 Weigh in 7am, lifting from 9 am

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Comp 2 Weigh in 11am, lifting from 1 pm

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Lifter