

CROSSFIT 1610

POWERLIFTING COMPETITION

Development and SA Raw 2018 Qualifier

DATE: 11 November 2017

VENUE: CrossFit 1610 (4 Engwena Street, Sebenza, Edenvale)

COMPETITION: Raw & Equipped Powerlifting

Weigh-in: 08h00 Lifting starts: 10h00

ENTRY FEE + SA QUALIFIER: R250 (Lifters must affiliate to the SAPF for 2018)

ENTRY FEE WITHOUT QUALIFIER: R100

Entries Close: 5 November 2017

Payments to C & C Fitness, Bidvest Bank, Acc: 3301605401, Code 462005

Proof of Payment to Chantelle du Toit: chantelle@cf1610.co.za or 071 604 8603

Lifter Details:

Name: _____ Surname: _____

Birthdate: ____/____/____ Gender: _____

Weight Class: _____

Affiliated for 2018: Yes/No

Cell no: _____

Favourite lifting song (Family Rated): _____

Coach: _____

Team and Suburb: _____

Years in Lifting: _____

Favourite Lift: _____

Occupation: _____

Hobbies: _____