

CROSSFIT 1610 POWERLIFTING COMPETITION

**SATURDAY
11 NOVEMBER 2017**

WEIGH-IN at 8AM

LIFTING at 10AM



**ENTRY FORM ON
FACEBOOK PAGE**

or EMAIL

Chantelle@cf1610.co.za

ENTRIES CLOSE 5 NOVEMBER

**DEVELOPMENT
AND
SA CHAMPS
QUALIFIER**

ENTRY FEE:

R100

**ENTRY FEE
+ QUALIFIER:**

R250

**NO BANNED
ATHLETES**