



SA RAW POWERLIFTING CHAMPIONSHIPS – 16-18/03/2018

Date: FRIDAY 16th – SUNDAY 18th MARCH 2018
Place: ELGRO HOTEL POTCHEFSTROOM
Preliminary entry's Friday 23th Feb 2018
Final Entry's Friday 2nd March 2018

FRIDAY - 16th MARCH 2018

Session 1

06:00-07:30 Start 08:00 - Sub/Jnr, Jnr, Open & Master
53, 59 & 66 kg Men

Session 2

11:00-12h30 Start 13h00 – Sub/Jnr, Jnr, Open & Master
74 kg Men

Session 3

16:00-17:30 Start 18:00 - Sub/Jnr, Jnr, Open & Master
83 kg Men

SATURDAY - 17TH MARCH 2018

Session 1

06:00-07:30 Start 08:00 - Sub/Jnr, Jnr, Open & Master
93 - 105 kg Men

Session 2

11:00-12h30 Start 13h00 – Sub/Jnr, Jnr, Open & Master
43 - 57 kg Women

Session 3

16:00-17:30 Start 18:00 – Sub/Jnr, Jnr, Open & Master
63 kg Women

SUNDAY - 18TH MARCH 2018

Session 1

**07:00-08:30 Start 09:00 – Sub/Jnr, Jnr, Open & Master
72 -+84 kg Women**

Session 2

**12:00-13:30 Start 14:00 – Sub/Jnr, Jnr, Open & Masters
120, & +120 kg Men**

**BEST LIFTER PRESENTATION AFTER LAST DAY'S LIFTING
NO BANQUET**

**Contact: Hannie Smith - 0825663433
Vicki Botha - 0824473848**

**Entry Fee: R 600-00 per Lifter – INCLUDES - Entry fee,
T-Shirt & Participation Medal**

R 200-00 for Additional class if qualified to compete.

A G M will be on Thursday Evening 15th March 2018 at the ELGRO Hotel – 18h00

**DEPOSIT ALL ENTRY FEES IN ACCOUNT OF --- JOHAN
SMITH / POWERLIFTING UNLIMITED,
FNB - ACC NR 62604351122 – Branch Code 250437 please
use your Name as reference.**

***ALL T-SHIRT SIZES NEEDED WITH FINAL ENTRIES.**

***ENTRIES MUST BE PAID WITH FINAL ENTRY'S not later than Friday 2nd March 2018**

***PROVINCES MUST ENSURE THAT ALL LIFTERS IS 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