



# SA EQUIPPED POWERLIFTING CHAMPIONSHIPS – 06/07/2019

**Date:** SATURDAY 6<sup>th</sup> & SUNDAY 7<sup>th</sup> JULY 2019  
**Place:** CROSSFIT 1610, EDENVALE, GAUTENG

**Preliminary Entries (ALL ENTRIES MUST BE SUBMITTED):** Saturday 8 June 2019

**NO LIFTERS WILL BE ADDED AFTER THE PRELIMINARY ENTRY DATE  
NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!**

**Final Entries (PAYMENTS MUST BE MADE, WEIGHT/AGE CATEGORIES and T-SHIRT SIZES MUST BE FINALISED):** Saturday 22 June 2019

**Schedule note – If more than 70 entries are received, sessions may be scheduled for Sunday 7<sup>th</sup> July - otherwise the schedule will be for Saturday 6<sup>th</sup> July as follows:**

	<b>Weigh-in</b>	<b>Lifting</b>	
<b>Session 1</b>	<b>06h00-07h30</b>	<b>08h00</b>	<b>All women</b>
<b>Session 2</b>	<b>11h00- 12h30</b>	<b>13h00</b>	<b>All men</b>

**Contact:** Chantelle du Toit - 071 604 8603 / chantelle@cf1610.co.za  
Megan Leighton - 082 470 9891 / meganleighton13@gmail.com

**Entry Fee:** R 650-00 per Lifter  
**INCLUDES:** Entry fee, Banquet, T-Shirt & Participation Medal

**R 300-00 for Additional age class if qualified to compete.  
Additional Banquet Tickets R 200-00**

**Banquet details to be released with final entries.**

**DEPOSIT ALL ENTRY FEES INTO ACCOUNT OF:**

**Megan Leighton**

**FNB/RMB**

**Account Number: 62054737972**

**Branch Code: 250655**

**Please use your Name as reference.**

**PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED AND HAVE QUALIFIED**

**ENTRY FORM AVAILABLE AND TO BE FILLED OUT ON THE SAPF WEBSITE.**