



S.A. Qualifying Competition Entry Form

Date: 3 July 2010
Place: Lagayim, Fochville
Time: 10:00
Weigh In: 08:00 To 09:30
Contact: Hannie Smith 082 566 3443
Entry Fee: R100 per Lifter
Prelim entries: Close on Monday 24 May 2010
Final entries: Close on Monday 7 June 2010

Name	Weight Category	Male/Female	Paid

Province: _____
Manager: _____
Coach: _____
Referees (Available): _____

- *NO INDIVIDUAL ENTRIES – ALL LIFTERS MUST BE ENTERED BY THEIR PROVINCES**
- *ENTRY FEES CAN BE PAID AT THE WEIGH IN**
- *NO LATE ENTRIES**
- *PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED**
- *NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!**

Please fax all entry forms to 086 654 6978 or mail to Hannie@lagayim.co.za and helgard@oxygengym.co.za