



EQUIPPED POWERLIFTING & BENCH PRESS CHAMPIONSHIPS

29-30/07/2016

Date: FRIDAY 29th - SUNDAY 30th JULY 2016
Place: ELGRO HOTEL POTCHEFSTROOM
Preliminary entry's 1ST JULY 2016
Final Entry's 16TH JULY 2016

Weigh In: Friday 29th JUNE 2106
POWERLIFTING
06:00 - 07:30 Start 08:00

Saturday 30th JULY 2016
POWERLIFTING & BENCH PRESS
06h00 – 07h30 Start 08h00

Contact: Hannie Smith - 0825663433
Vicki Botha - 0824473848
Entry Fee: R 650.00
INCLUDES - Entry fee, T-Shirt & Participation Medals

**DEPOSIT ALL ENTRY FEES IN ACCOUNT OF --- J SMITH t/a POWERLIFTING UNLIMITED , FNB -
ACC NR 62604351122 – Branch Code 250655 Please use your Name and Competition as reference.**

***ALL T-SHIRT SIZES NEEDED WITH FINAL ENTRY'S**
***ENTRIES MUST BE PAID WITH FINAL ENTRY'S not later than 15th JULY 2016**

***NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!**
Please fax all entry forms to 086 524 3879 or mail to hannie@lagayim.co.za