

SESSION 1		WEIGH IN 6AM	LIFTING 8AM											
First Name	Surname	Gender	SJ	J	O	M1	M2	M3	M4	Weight Class	Province	T Shirt Size	Banq	
<b>Flight 1</b>														
Elisabeth	Barry	Female			X	X				47kg	Eastern Cape	XS	1	
Carol	Anthony	Female			X		X			52kg	Gauteng	XS	2	
Minke	Colling	Female	X							57kg	Eastern Cape	S	0	
Dulcie	Duguid	Female							X	57kg	Western Province	XS + M	0	
Antoinette	Kriel	Female			X	X				57kg	Gauteng	None	0	
Lisa	Basson	Female			X					63kg	Gauteng	M	1	
Samantha	Harding	Female		X	X					63kg	Eastern Cape	S	1	
Megan	Leighton	Female		X	X					63kg	Gauteng	XS	1	
Nicola	Maritz	Female		X						63kg	Eastern Cape	S	1	
Joan	Swart	Female					X			63kg	Western Province	XS	1	
Dan	Oppenheim	Male							X	74kg	Gauteng	M	1	

<b>Flight 2</b>													
Laura	De Wet	Female			X	X				72kg	Gauteng	XS	2
VINOLIA	MOKOENA	Female			X					72kg	North West		1
Zanele	Ngwenya	Female			X	X				72kg	Gauteng	S	1
Marion	Tanzer	Female			X		X			72kg	Gauteng	M	0
Nicola Green	Green	Female			X					-84kg	Gauteng	M	3
Jacqui	Rees	Female			X					+84kg	Gauteng	M	1
Christi	De Jager	Female			X					+84kg	Gauteng	M	1

SESSION 2		WEIGH IN 10AM	LIFTING 12PM											
First Name	Surname	Gender	SJ	J	O	M1	M2	M3	M4	Weight Class	Province	T Shirt Size	Banq	
<b>Flight 1</b>														
Tshepo	Mulaudzi	Male	X							53kg	Gauteng	M	0	
MONAHENG	BOITUMELO	Male		X						59kg	North West		1	
Karabo	Manamela	Male		X						66kg	Gauteng	M	0	
PASEKA	NTOAGAE	Male		X						66kg	North West		1	
MOSES	TSIMANE	Male				X				66kg	North West		1	
Marlon Daniels	Daniels	Male			X	X				74kg	Gauteng	M	1	
Erich	Human	Male	X							74kg	Eastern Cape	S	2	
PAGEL	NYONGO	Male			X					74kg	Gauteng		1	
OBERT	BOOYSEN	Male		X						74kg	North West		1	
MICHAEL	RAMAJOE	Male		X						74kg	North West		1	
TSHEPO	KOTSI	Male		X						74kg	North West		1	

<b>Flight 2</b>													
Simon	Curtain	Male	X							83kg	Eastern Cape	M	2
LEBOHANG	GUMEDE	Male		X						83kg	North West		1
MOSES	KHUMALO	Male			X					83kg	North West		1
PATRICK	MATABANE	Male				X				83kg	North West		1
Arno	Nieuwenhuizen	Male		X						83kg	Gauteng	XL	1
DAVID	QUATSE	Male					X			83kg	North West		1
EDWARD	SIBIYA	Male			X					83kg	Gauteng		1
KGOTSO	THEKISO	Male		X						83kg	North West		1
SINT-WILLIS	PIETERSEN	Male			X					83kg	North West		1
Steve	Harding	Male				X				93kg	Eastern Cape	L	1
Jorncy	Page	Male			X	X				93kg	Gauteng	L	2
George	Parker	Male				X				93kg	Gauteng	XL	2

SESSION 3		WEIGH IN 1:30PM	LIFTING 3:30PM											
First Name	Surname	Gender	SJ	J	O	M1	M2	M3	M4	Weight Class	Province	T Shirt Size	Banq	
MIGA	KETSHABILE	Male			X					105kg	North West		1	
MOEKETSI JOSEPH	KHUTSITSWE	Male			X					105kg	North West		1	
Graham	Green	Male				X				105kg	Gauteng	XL	0	
Christo	Schoonraad	Male			X		X			105kg	Gauteng	2XL	2	
CHRISTOPHER	TSHWABI	Male			X					105kg	Gauteng		1	
Andrew	Denoon	Male					X			-120kg	North West	XL	2	
Louis	Ferreira	Male				X				-120kg	Gauteng	XL	1	
Michael	Klinck	Male			X					-120kg	Gauteng	2XL	1	
Andre	Ludik	Male						X		-120kg	Eastern Cape	3XL	1	
Mathys	Herbst	Male			X	X				+120kg	Gauteng	5XL	1	
Kyle	Noonan	Male			X					+120kg	Gauteng	XL	2	

#### REFEREE SCHEDULE

SESSION 1	WEIGH IN 6AM	LIFTING 8AM
Vicki Botha		
Anita Barnard		
Heather Leighton		
TC: Freddy Nondyolo		
SESSION 2	WEIGH IN 10AM	LIFTING 12PM
Dan Oppenheim		
Thamsanqa Khandanise		
Jacqui Rees		
TC: Peter Seleka		
SESSION 3	WEIGH IN 1:30PM	LIFTING 3:30PM
Hannie Smith		
Madikane Faku		
Chantelle Du Toit		
TC: Ahesha Banda		