



# **SA BENCHPRESS CHAMPIONSHIPS 2011**

**Saturday 22 October**

**VAN DER STEL SPORTS CLUB**  
**Stellenbosch** (Du Toit Street)

**Weigh-in:** 8h00 – 9h30 am

**Start:** Competition starts at **10h00**

**Finish:** Approximately 14h00

**Banquet:** 17h30 for 18h00 at same venue  
**Dress code: Semi-formal**

## **SPECTATORS WELCOME!!!**

Invite Family and Friends to come and Join Us for this Exciting National Powerlifting Event! FREE entrance!

*Food and drinks will be available to buy at the venue during the competition from 8h00 am onwards until end of comp.*

### **Exhibitors**

- Future Life will have a tasting station to introduce their exciting new product for athletes!
- Dis-Chem will have various sports products on display.