



## 1ST SA RAW CLASSIC BENCH PRESS & SA EQUIPPED BENCH PRESS CHAMPIONSHIPS - 2014

**Date:** SATURDAY 15 FEBRUARY 2014  
**Place:** ELGRO HOTEL POTCHEFSTROOM  
**Preliminary entry's** SATURDAY 4 JANUARY 2014  
**Final Entry's** SATURDAY 25 JANUARY 2014  
**Time:** 09:00 - LIFTING START  
**Weigh In:** RAW CLASSIC 07:00 -8:30 LIFTING 09:00  
EQUIPPED 11:00-12:30 LIFTING 13:00  
**Contact:** HANNIE SMITH - 0825663433  
**Entry Fee:** R 500-00 per Lifter – INCLUDES - Entry fee, Banquet T-Shirt  
R 100-00 for Additional class if qualified to compete.  
R 200-00 for Additional Banquet ticket.  
**Banquet:** 19:00 - Van Rooyen Hall, Piet Bosman Street, Potchefstroom. Cash Bar.  
DRESS CODE – FORMAL (JACKET & TIE)

**DEPOSIT ALL ENTRY FEES IN NORTH - WEST POWERLIFTING ACCOUNT, FNB- ACC NR 62014121199 – Please use Name as reference.**

**\*ALL T-SHIRTSIZES NEEDED WITH FINAL ENTRY'S .**

**\*ENTRIES MUST BE PAID WITH FINAL ENTRY'S BY 25 January 2014**

**NO LATE ENTRY'S.**

**\*PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED AND HAS QUALIFIED**

**\*NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!**

**Please fax all entry forms to 086 524 3879 or mail to [hannie@lagayim.co.za](mailto:hannie@lagayim.co.za)**


