



Ladies only powerlifting competition

Date: Saturday, 10 September 2016
Venue: 5E Fitness, 27 St Andrews Road, Parktown
Competitions: Classic (Raw) Powerlifting (3-lift) – Ladies Only

All weight divisions and age categories (Subjunior, Junior, Senior, Master1, Master2, Master3, Master4).

- Every lifter competes as a Senior;
- Masters compete in their specific Master age group and as Seniors;
- Juniors compete as Juniors and Seniors;
- Subjuniors compete as Subjuniors, Juniors and Seniors.

Open	from the day the lifter reaches 14 years and upwards
SubJunior	from the day the lifter reaches 14 years and throughout the full calendar year in which he/she reaches 18 years
Junior	from 1 January in the calendar year the lifter reaches 19 years and throughout the full calendar year in which he/she reaches 23
Master 1	from 1 January in the calendar year the lifter reaches 40 years and throughout the full calendar year in which he/she reaches 49
Master 2	from 1 January in the calendar year the lifter reaches 50 years and throughout the full calendar year in which he/she reaches 59
Master 3	from 1 January in the calendar year the lifter reaches 60 years and throughout the full calendar year in which he/she reaches 69
Master 4	from 1 January in the calendar year the lifter reaches 70 years and upwards

Weigh-in: 08h00
Lifting starts: 10h00

Entry fee: R350 per lifter. *Entry fee includes affiliation fees and a T-shirt.*
Entries by Thursday 1 September 2016.
Late entries (and entries on the day): R450.

Payments to:
 5E Fitness PTY Ltd,
 FNB Business cheque account,
 Acc No: 62439857460,
 Killarney Branch (256205)
 Ref: Name + Strong
 Proof of payment to Antoinette Kriel – antoinette@5efitness.co.za

Name: _____ Surname: _____
 Date of birth: _____ Contact Number: _____
 Weight Division: _____ T-Shirt size: _____
 E-mail: _____

This competition can be used as a qualifier for 2017 SA Raw Powerlifting Championships