

<u>DATE</u>: FRI DAY 5th and SATURDAY 6th JUNE 2009

<u>VENUE</u>: GYM HALL, PUK, POTCHEFSTROOM

ENTRY FEE: R 200 per lifter / R 100 per extra category

BANQUET: R 150 per person (direct after lifting)

CONTACT: HANNIE SMITH 082 566 3433

T-SHIRT: R 60 each

CLOSING DATE: 27 APRIL 2009 (see details below)

Name	Category (sub/j nr/snr/mas)	Wei ght Di v	Shirt Size	Banquet
TOTALS:				

Provi nce	:	
Provi nce	:	

Name of Coach(es) :

Name of Manager(s)

- Ø No individual entries are allowed.
- Ø Entry fees must be paid into the following account:

NORTH WEST POWERLIFTING FEDERATION, FNB Fochville, Account number 62014121199, Cheque Account

- Ø Provinces must ensure that all lifters are affiliated before entry forms are submitted
- Ø Fax Number: 086 524 3879 (deposit slips and entry forms)
- Ø E-mail: hannie@lagayim.co.za

ØNO LATE ENTRIES WILL BE ACCEPTED AS DECIDED AT THE EXCO MEETING ON 16 NOVEMBER 2008

- **Ø**Qualifying standards as per info on www.powerliftingsa.co.za
- **Ø**A SA Sub Junior, Junior, Senior, Master and Women's team will be selected and announced at the banquet