



# S.A. BENCH PRESS CHAMPIONSHIP

## Prelim Entry Form

THIS IS AN ENTRY FORM. NOT A FORM TO SEND IN A LIST OF YOUR AFFILIATED MEMBERS

**Date:** 27 November 2010  
**Place:** Zambezi Mall, Pretoria  
**Time:** 11:00 (TO BE CONFIRMED)  
**Weigh In:** 09:00 to 10:30 (TO BE CONFIRMED)  
**Contact:** Helgard 012 808 3737  
**Entry Fee:** R200 per Lifter  
**T-Shirt:** R 75.00  
**Banquet:** To be announced  
**Prelim entries:** Close on Monday 27 September 2010  
**Final entries:** Close on Wednesday 27 October 2010

- \*NO INDIVIDUAL ENTRIES – ALL LIFTERS MUST BE ENTERED BY THEIR PROVINCES**
- \*ALL ENTRY/ T-SHIRT AND BANQUET MUST BE PAID WITH FINAL ENTRY**
- \*NO LATE ENTRIES – NOT NOW NOT EVER**
- \*PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED**
- \*NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!**

Please fax all entry forms to 086 654 6978 or mail to [helgard@oxygengym.co.za](mailto:helgard@oxygengym.co.za)

**Province:** \_\_\_\_\_

**Manager:** \_\_\_\_\_

**Coach:** \_\_\_\_\_

**Referees (Available):** \_\_\_\_\_



