



SA EQUIPPED POWERLIFTING CHAMPIONSHIPS 29-30/06/2018

Date: FRIDAY 29th & SATURDAY 30th JUNE 2018
Place: ELGRO HOTEL POTCHEFSTROOM
Preliminary entry's Saturday 2nd JUNE 2018
Final Entry's Saturday 16th JUNE 2018

Schedule: Note – If more than 70 entries are received, sessions may be scheduled for Friday 29th June – otherwise the schedule will be for Sat 30th June as follows:

	Weigh-in	Lifting	
Session 1	06h00-07h30	08h00	All Women
Session 2	11h00-12h00	13h00	All Men

Contact: Hannie Smith - 0825663433
Vicki Botha - 0824473848

Entry Fee:
R 500-00 per Lifter – INCLUDES - Entry fee,
T-Shirt & Participation Medal
R 100-00 for Additional class if qualified to compete.

THERE WILL BE NO BANQUET – BEST LIFTER AWARDS WILL BE DONE STRAIGHT AFER THE LAST SESSION

**DEPOSIT ALL ENTRY FEES IN ACCOUNT OF ---
JOHAN SMITH / POWERLIFTING UNLIMITED
FNB - ACC NR 62604351122
Branch Code 250437
Please use your Name and Surname as reference.**

***ALL T-SHIRT SIZES NEEDED WITH FINAL ENTRIES.**

***ENTRIES MUST BE PAID WITH FINAL ENTRY'S not later than 16 JUNE 2018
*PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED FOR 2018 AND HAVE QUALIFIED
*NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!
Please send proof of payment to 086 524 3879 or mail to hannie@lagayim.co.za**

Please make use of the Online entry form on www.powerliftingsa.co.za