

Entry Form

2011 GAUTENG BENCH PRESS

Date: Sunday 7 August 2011
Place: Discovery Health
 16 Fredman Drive
 Sandton
Time: 11:00
Weigh In: 09:00 To 10:30
Contact: Rodney Anthony 082 898 7706
 Entry Fee: R100 per Lifter if Entry – Gauteng Affiliated lifters only
Entry Closing Date: 1 August 2011
Categories: All Categories compete together
Drug testing: On, and any day leading up to competition day

Name	Province	Weight Category	Male/Female

Province: _____

Chuck Vogelpohl