

Entry Form

2011 SA RAW BENCH PRESS

Date: Sunday 18 September 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: R150 per Lifter

Entry Closing Date: 12 September 2011
Categories: Compete in Age Categories

Drug testing: On, and any day leading up to competition day

Name	Province	Weight Category	Male/Female

Province: _____

Chuck Vogelpohl