

# GAUTENG CHAMPIONSHIPS 2009

DATE: SATURDAY 18<sup>th</sup> APRIL 2009  
VENUE: HIGH PERFORMANCE CENTRE,  
ST STITHIANS  
WEIGH IN: 8AM, LIFTING 10AM  
ENTRY FEE: R50/LIFTER ENTRY BEFORE 13/04  
R100/LIFTER ENTRY ON THE DAY  
CONTACT: RODNEY ANTHONY +27 828987706

Name	Category (sub/j nr/snr/ mas)	Weight Div
TOTALS :		

Ø *Entry fees must be paid into the following account:*

*Direct Deposits are to be made to Gauteng Powerlifting*

*ABSA Bank, Southgate Branch Code 632405, Acc No 404 243 8085 Current  
Acc*

*Reference: Name and Tel No.*

*Please fax proof of payment to Gail on (011) 465 7938*

Ø *all lifters MUST be affiliated before entry*