

SESSION 1 : Weigh in 06h00-07h30 Lifting at 08h00

	First Name	Surname	Province	SJ	J	O	M1	M2	M3	M4	Gender	Weight cat	T Shirt Size	Platform Coach
Flight 1	Elisabeth	Barry	EC					X			Female	47kg	Small	Rodney Anthony
	Carol	Anthony	G			X		X			Female	52kg	small	Rodney Anthony
	Alexa	Pentopoulos	G			X					Female	52kg	XS	Henk De Wet
	Nicole	Hasell	G		X	X					Female	57kg	small	Henk De Wet
	Mijuane	De wet	G	X							Female	63kg	XL	Henk and Laura de Wet
	Marieke	van Linge	NW					X			Female	63kg	M	Rodney Antony
	Megan	Leighton	G			X					Female	63kg	Small	Chantelle Du Toit
	Janel	Daffue	EC			X					Female	63kg	Small	Andre Ludik
	Chante	Mulder	EC	X	X						Female	69kg	Small	Ilze-Mari Maritz
Flight 2	Laura	De Wet	G			X		X			Female	69kg	Small	Henk de Wet
	Heather	Leighton	G						X		Female	69kg	M	Chantelle + Meg
	Anika	Maree	EC	X							Female	76kg	Large	Ilze-Mari Maritz
	Lize-Mari	de Beer	G			X					Female	-84kg	Medium	Dan Oppenheim
	Jacqui	Rees	G			X	X				Female	+84kg	Medium	Megan Leighton
	Christi	Rees	G			X					Female	+84kg	L	Rodney Anthony
	Brandon	Loock	EC	X							Male	66kg	Medium	Elisabeth Barry
	Seth	Webster	EC	X							Male	66kg	Medium	Elisabeth Barry
	Elton	Khoza	NW		X						Male	66kg	S	Madikane Faku
	Lesego	Ramolapong	NW		X						Male	66kg	M	Madikane Faku

SESSION 2 : Weigh in 10h00-11h30 Lifting at 12h00

	First Name	Surname	Province	SJ	J	O	M1	M2	M3	M4	Gender	Weight cat	T Shirt Size	Platform Coach
Flight 1	Ehli	Reveley	EC	X							Male	74kg	Medium	Elisabeth Barry
	Alex	Collocott	G	X							Male	74kg	Medium	Cap Mdluli
	Marcel	Vorster	G			X					Male	74kg	Medium	Henk and Laura De Wet
	Dan	Oppenheim	G							X	Male	83kg	M	Henk
	Tommie	de Nysschen	FS						X		Male	83kg	Medium	Self
	Steve A	Ogunfemi	G			X		X			Male	83kg	Large	Johnny Dam
	Johnny	Dam	G					X			Male	93kg	XL	Gorgops Ogunfemi
	JP	Blom	G	X							Male	93kg	XL	Rodney John Anthony
	Timothy	Pawson	EC	X							Male	-120kg	XXL	André
Flight 2	Derik	Van Wyk	G			X					Male	105kg	XL	Chantelle du Toit
	Ryno	Du Plessis	NW		X						Male	105kg	2XL	Henk de Wet
	Graham	Green	G			X	X				Male	105kg	XL	Henk De Wet
	Sean	Britz	G		X						Male	105kg	Extra Large	Henk de Wet
	Haroun	Pietersen	G			X					Male	105kg	XL	Rodney Antony
	Azariel	Ndoni	NW			X					Male	105kg	L	Madikane Faku
	Justin	Furman	G		X	X					Male	-120kg	2XL	Ian Furman
	Hermanus	de Beer	G					X			Male	-120kg	XXXL	Dan Oppenheim
	Madikane	Faku	NW				X				Male	-120kg	2XL	Azariel Ndoni
Simon	Breetzke	G				X				Male	+120kg	4 xl	Rodney Anthony	