



2009 SA RAW BENCH PRESS CHAMPIONSHIPS

Entry Form

Date: Sunday 4th October 2009
Place: Emerald Casino
Vaal River
Van Der Bijl Park
Time: 11:00
Weigh In: 09:00 To 10:30
Contact: Rodney Anthony 082 8987706
Entry Fee: R100 per Lifter if Entry 7 days prior to Competition
R150 per Lifter for late Entries
Divisions: All Divisions Male and Female
Categories: SJ, J, S, M1, M2, M3
Affiliated lifters only
Drug testing: On, and any day leading up to competition day

Name

Province

Weight
Category

Male/Female

Category
SJ, J, S,
M1,M2,M3

Province:
