



# 2009 SA RAW BENCH PRESS CHAMPIONSHIPS

## Entry Form

**Date:** Sunday 4<sup>th</sup> 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  
All Divisions Male and Female  
Affiliated lifters only  
Drug testing

*Chuck Vogelpohl*