

S.A. INTERPROVINCIAL CHAMPIONS Inland Entry Form

THIS IS AN ENTRY FORM. NOT A FORM TO SEND ME A LIST OF YOUR AFFILIATED MEMBERS

Date: Place: Time: Weigh In: Contact: Entry Fee: T-Shirt: Final entries: 13 August 2011 Zambezi Mall, Pretoria 10:00 (TO BE CONFIRMED) 08:00 to 9:30 (TO BE CONFIRMED) Helgard 012 808 3737 R200 per Lifter R 75.00 Close on Thursday 14 July 2011

DEPOSIT ALL MONIES IN GAUTENG POWERLIFTING ACCOUNT, ABSA ACC NR 404 243 8085

*NO INDIVIDUAL ENTRIES – ALL LIFTERS MUST BE ENTERED BY THEIR PROVINCES *ALL ENTRY/ T-SHIRT MUST BE PAID WITH ENTRY *NO LATE ENTRIES – NOT NOW NOT EVER !!! *PROVINCES MUST ENSURE THAT ALL LIFTERS ARE AFFILIATED *NO AFFILIATION OR ENTRY FEE = NO COMPETITION!!

Please fax all entry forms to 086 654 6978 or mail to helgard@oxygengym.co.za

Province:

Manager:

er:_____

Coach:

Referees (Available):

| Name | Weight Category | Male/Female | T shirt size |
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