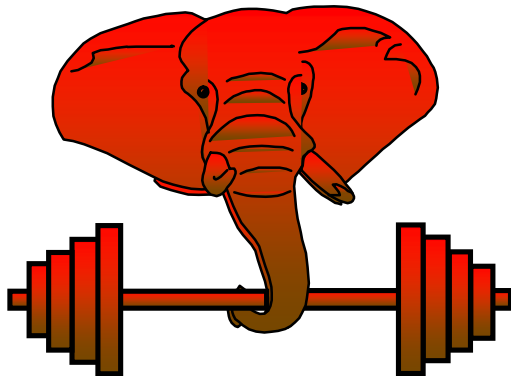


**Oos
Kaap
Kragoptel**



**Eastern
Cape
Powerlifting**

**2013 Inter-Provincials Coastal Equipped
Powerlifting & Bench Press Championships**

DATE: 10 August 2013

WEIGH IN: 07:00 - 8:30

START TIME: 09:00

PLACE: Brandwag Hoërskool - Uitenhage

ENTRY FEE: R250 - Inter Provincial (Powerlifting)
R250 – Inter Provincial (Bench-only)
R 50 - optional extra if your bench must count for points

T-Shirt: R 85 Each

CLOSING DATE: 30 July 2013

Name	Weight Division	Male / Female	Powerlifting & Bench R300	Bench R250	T-shirt size R 85

NO AFFILIATION / NO ENTRY MONEY = NO COMPETITION

ENTRY FEES MUST BE PAID INTO:

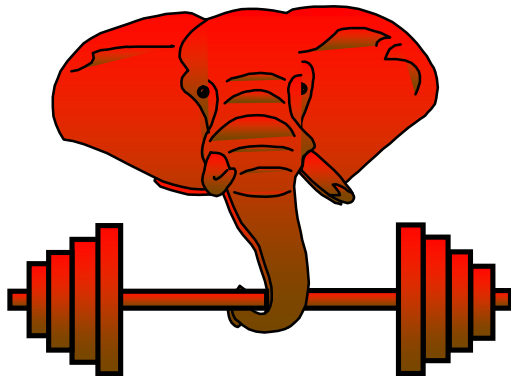
ABSA Bank; Savings Account; Acc No. 9166 706 121; Acc. Holder. E.P. Powerlifting Association.

Deposit Slips and entry forms must be faxed to 044-871 5069 or e-mailed to nikkistander@hotmail.com before or on the closing date.

Contact your chairperson or Anita for more detail.

ANITA 082 6808 405 - nikkistander@hotmail.com

**Oos
Kaap
Kragoptel**



**Eastern
Cape
Powerlifting**

**2013 SA Inter Provincial Development & Secondary
Powerlifting & Bench Press Competition**

DATE: 10 August 2013

WEIGH IN: 07:00 - 8:30

START TIME: 09:00

PLACE: Brandwag Hoërskool - Uitenhage

ENTRY FEE: R50 – Inter-Schools/Development (Powerlifting)
R50 – Inter-Schools/Development (Bench-only)

CLOSING DATE: 30 July 2013

Name	Age Category	Weight Division	Male / Female	Equip/ Unequip	Powerlifting/ Bench

NO AFFILIATION / NO ENTRY MONEY = NO COMPETITION

ENTRY FEES MUST BE PAID INTO:

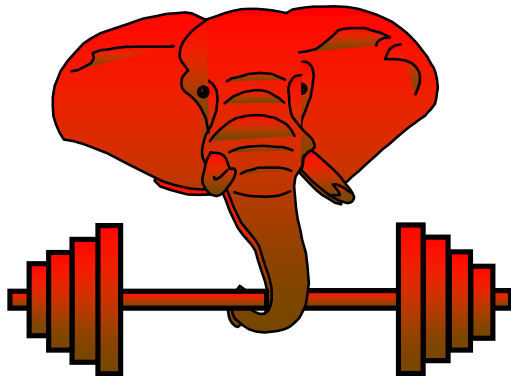
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**Oos
Kaap
Kragoptel**



**Eastern
Cape
Powerlifting**

**2013 Inter-Provincials Coastal Unequipped
Powerlifting & Bench Press Championships**

DATE: 10 August 2013

WEIGH IN: 07:00 - 8:30

START TIME: 09:00

PLACE: Brandwag Hoërskool - Uitenhage

ENTRY FEE: R250 - Inter Provincial (Powerlifting)
R250 – Inter Provincial (Bench-only)
R 50 - optional extra if your bench must count for points

T-Shirt: R 85 Each

CLOSING DATE: 30 July 2013

Name	Weight Division	Male / Female	Powerlifting & Bench R300	Bench R250	T-shirt size R 85

NO AFFILIATION / NO ENTRY MONEY = NO COMPETITION

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