



SA RAW POWERLIFTING CHAMPIONSHIPS – 16-19/03/2016

Date: WEDNESDAY 16th - SATURDAY 19th MARCH 2016

Place: ELGRO HOTEL POTCHEFSTROOM

Preliminary entries Friday 26th Feb 2016

Final Entries Monday 2nd March 2016

Wed 16th March : BENCH PRESS QUALIFIER for WORLDS (Entry fee R300)

Wed 16 March	Weigh-in	Lifting starts	Men/Women	Age categories	Weight divisions
Session 1	07h00-08h30	09h00	Women	All	All
Session 2	09h00-10h30	11h00	Men	Subjunior + Junior	All
Session 3	11h00-12h30	13h00	Men	Open + Masters	All
AGM		18h00			

Thu –Sat 17th-19th March : SA RAW POWERLIFTING CHAMPIONSHIPS (Entry fee R650, R100 for additional class, R250 per additional banquet ticket)

Thu 17 March	Weigh-in	Lifting starts	Men/Women	Age class	Weight divisions
Session 1	06h00-07h30	08h00	Men	Subjunior + Junior	53kg - 59kg
Session 2	10h00-11h30	12h00	Men	Subjunior + Junior	66kg
Session 3	14h00-15h30	16h00	Men	Subjunior + Junior	74kg – 83kg
Fri 18 March	Weigh-in	Lifting starts	Men/Women	Age categories	Weight divisions
Session 1	06h00-07h30	08h00	Men	Subjunior + Junior	93,105,120,120+kg
Session 2	10h00-11h30	12h00	Women	Subjunior + Junior	All
Session 3	14h00-15h30	16h00	Men	Open + Masters	59, 66, 74kg
Sat 19 March	Weigh-in	Lifting starts	Men/Women	Age categories	Weight divisions
Session 1	06h00-07h30	08h00	Women	Open + Masters	All
Session 2	09h00-10h30	11h00	Men	Open + Masters	83kg + 93kg
Session 3	12h00-13h30	14h00	Men	Open + Masters	105kg,120kg,120+kg
Banquet		19h00			

DEPOSIT ALL ENTRY FEES IN ACCOUNT OF --- JOHAN SMITH, FNB - ACC NR 62009242637 – Branch Code 250437 Please use your Name and Competition as reference.

SURNAME : _____ **NAME :** _____

BIRTHDATE : _____ **Affiliated for 2016 :** _____ **Province:** _____

Comps entered : **Bench Press Qualifier** ☐

SA Raw ☐

Weight Division : _____ **Age Class:** _____

TShirt Size : _____ **Qualified at which comp?:** _____

Extra banquet tickets: _____ **Payment :** _____