



RHINO POWERLIFTING CLUB

AND

PERFECT HEALTH

PRESENTS



Unleash The Beast Challenge - Entry Form

Venue – Perfect Health

Du Toit Street, Van Der Stel Sports Complex, Stellenbosch, 7600

For all information relating to this competition please contact:

Andre Engelbrecht on Cell no: 076 6333 658 or Email weightmaniac@gmail.com

Perfect Health Tel: (021) 8829 805

Name:

E-mail address:

I want to be added to the WP Rhino Powerlifting Whatsapp **Yes / No** (please circle correct)

Cell: **Male / Female** (please circle correct option)

Age **Date of Birth**

Current Body Weight **Weight Division Entered**

RAW / Equipped (please circle correct option)

Class: **Teenage / Junior / Open / Master** (please circle correct option)

Entry Fee: **Powerlifting (Squat, Bench Press and Deadlift) - R250,00**

Payment: **At Perfect Health**

Alternative; Paid into ABSA, A. Engelbrecht, Account no: 4079851672 with athlete's Initials & Surname as reference, email completed form to weightmaniac@gmail.com.

Weigh In: **Friday 7 October at Venue 09:00 – 10:00 / 17:00 – 18:00**

Athletes Meeting: **Friday 7 October at Venue 18:00 (Snack Will Be Provided)**

Lifting Starts: **Saturday 8 October @ 9:30 (Officials / Event Staff Meeting 08:30)**

**First Time Rhino Competitors do not have to be affiliated to SA
Rhino Powerlifting**

Closing Date For Entries - 16 September 2016

No Late Entries

