



RHINO POWERLIFTING CLUB WESTERN PROVINCE OPEN NATIONAL QUALIFIER



ENTRY FORM

VENUE – PERFECT HEALTH - Du Toit Street, Van Der Stel Sports Complex, Stellenbosch

WEBSITE – www.rhinopowerlifting.com / www.perfecthealth.co.za

CONTACT – Andre 076 633 3658 / Perfect Health 021 882 9805 (Jarrid)

Name:

Email address:

I want to be added to the RPC WP Whatsapp Yes / No (please circle chosen option)

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: R300

Payment: At Perfect Health (Jarrid)

**Alternative: EFT, ABSA, A. Engelbrecht, Account no: 407 985 1672
with athlete's Initials and Surname as reference, email completed
form to weightmaniac@gmail.com**

Weigh In: Friday 24 March at Perfect Health 09:00 – 10:00 / 17:00 – 18:00

Lifting Starts: Saturday 25 March @ 09:00

CLOSING DATE: 12 MARCH 2016

**PLEASE NOTE: LIFTERS WHO WANT TO QUALIFY FOR NATIONALS MUST
WEAR THE APPROPRIATE ATTIRE (SINGLET).**