



## 3 LIFT POWERLIFTING COMPETITION

www.coastbarbell.co.nz

**Venue – Coast Barbell Club**

**Unit 4/41 David Sidwell Place**

**Whangaparaoa**

**SATURDAY 17<sup>TH</sup> SEPTEMBER 2011**

**Please fill in all details:**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

MOB: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

DIVISION: Circle your option:

Sub Junior 14-17yrs, Junior 18 – 23yrs, Open 24 – 39yrs, Master 1 – 40-49 yrs, Master 2 – 50 – 59yrs

Master 3 – 60 – 69yrs

YOUR WEIGHT: \_\_\_\_\_ M/F: \_\_\_\_\_ AGE: \_\_\_\_\_

**WEIGH IN: 9AM**

**COMPETITION STARTS: 11.00AM - IPF RULES APPLY**

**ENTRY PRICE \$15.00 INCLUDES BBQ POST COMP**

**Please note - Entries close at midday September 10 2011**

**No late payments or entries will be received**

**PAYMENT TO BE MADE BY DIRECT CREDIT WITH ENTRY.**

**Please use your name as a reference and bank to:**

**Coast Barbell Club 38 9010 0070046 01**

**LIFTER SIGNATURE: \_\_\_\_\_**

**FOR FURTHER INFO EMAIL Damo at [deepsea@clear.net.nz](mailto:deepsea@clear.net.nz)  
or phone 021 2446346**

