

SOUTH AUSTRALIAN DRUG FREE POWERLIFTING ASSOCIATION INC

2011 Competition Registration

NATIONAL SINGLE LIFT CHAMPIONSHIPS Entry Fee - \$50

SINGLE LIFT ENTRY SQUAT BENCH PRESS DEADLIFT

Input boxes for SQUAT, BENCH PRESS, and DEADLIFT

- 100% Entry fee - Second and/or third lifts - 75% of Entry Fee
PLEASE NOTE: Entries must be received no later than 12 days prior to event
Competitors required at event at 8am sharp for weigh in. Lifting to start at approx 10am

PERSONAL DETAILS

First Name: Surname: Address: City / Suburb: State: Postcode: Phone: Date of Birth: Name of Club / Gym: Weight Class: Age Class: Assisted or Unassisted:

In consideration of the entry, I hereby to be legally bound by myself, my heirs, executors or administrators, waive any and all rights and claims for damages against Drug Free Powerlifting Australian Pty Ltd, the management, committee members, organisers and or assigns, and the sponsors of this contest, for any injuries suffered by me at the said Powerlifting competition.

Signature of Entrant Signature of parent or guardian if under 18 years of age

Please enclose cheque / money order payable to: SADFPFA Inc Please forward to: Don Juers Box 416 Kingston-On-Murray SA 5331 TOTAL ENTRY FEES ENCLOSED \$.....