



S.A. DRUG FREE POWERLIFTING ASSOCIATION INC

POWERLIFTING PROMOTION

2025 POWERLIFTING PROMOTION

'Come and Try' Powerlifting

Saturday, February 22nd, 2025

**Riverland Fitness Centre
1647 Old Sturt Highway, Berri SA**

**Please indicate which powerlifting
disciplines you will be entering.**

Entry Forms in by Monday

February 17th

Weigh in at 10am

Squat ☐

Benchpress ☐

Deadlift ☐

Total Cost - \$0

PERSONAL DETAILS

Name: _____

Phone No _____

Age _____

Email _____

- The event will be run following a competition format. This will start with a weigh in at 10am, followed by a warm up. The first event will be the squat, followed by benchpress and deadlift.. Participants can enter 1, 2, or all 3 powerlifting disciplines.
- Representatives from SA Drug Free Powerlifting will be in attendance to guide participants through all aspects of the powerlifting promotion.
- The session will run from 10am to, approximately, 1pm and spectators are welcome.
- A minimum of 5 participants are required for the powerlifting promotion session to run.

Please send your Powerlifting Promotion entry form to
the SADFPa secretary

nrcgow@bigpond.net.au

**Box 158
Barmera SA 5345**

For more information, contact

**Don Juers (President)
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