

SOUTH AFRICA ARMWRESTLING FEDERATION (SAAF)

**IS PROUDLY HOSTING
OUR 2ND NATIONAL CHAMPIONSHIPS
3—5 APRIL 2025**

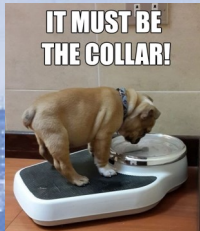


USE BELOW LINK TO REGISTER FOR NATIONALS

REGISTRATION LINK: [HTTPS://FORMS.GLE/CxES19J3yJRVRXJS6](https://forms.gle/CxES19J3yJRVRXJS6)

REGISTRATION CLOSING DATE: 25 MARCH 2025

**FOR MORE INFORMATION CONTACT OUR EVENT ORGANISER OR NATIONAL SECRETARY
KONRAD CONRADIE 079 995 4767 OR JONTY JACOBS 069 121 8867**



THURSDAY, 3 APRIL 2025

12H30 - 16H30 - WEIGH-IN & REGISTRATIONS OPEN

NOTE ATHLETES MAY WEIGH IN WITHOUT CLOTHING IF REQUIRED.

17H30 - 19H00 ANNUAL GENERAL MEETING

WITH ALL PROVINCIAL COMMITTEES AND EXECUTIVE COMMITTEE



FRIDAY, 4 APRIL 2025 - LEFT ARM COMPETITION

SEE MAIN PROGRAMME FOR TIMES AND ADDITIONAL INFORMATION

SATURDAY, 5 APRIL 2025 - RIGHT ARM COMPETITION

SEE MAIN PROGRAMME FOR TIMES AND ADDITIONAL INFORMATION



SAAF PROTEA TEAM 2025 SELECTION EVENT

**TOP TWO (2)
PER ARM
PER DIVISION
WILL QUALIFY**

