



# 2021 – SA EQUIPPED POWERLIFTING CHAMPIONSHIPS

Date: Thursday 25<sup>th</sup> March – Saturday 27<sup>th</sup> March 2021  
Place: Lagayim Hall, Elandsfontein, Fochville  
Preliminary entries: Saturday 27<sup>th</sup> Feb 2021 (All entries must be received by this date - no late entries will be accepted)  
Final Entries: Saturday 13<sup>th</sup> Mar 2021 (Only changes to existing entries, no new entries)

Meet Director: Hannie Smith, 082 566 3433, hannie@lagayim.co.za  
Competition Secretary: Vicki Botha, 082 447 3848

Entry fee: R750 per lifter (includes entry fee, participation medal, tshirt)  
Extra cost for additional age category – R300

Medal ceremonies will be held after each session. Best Lifters will be announced after the final session.

Banquet: There will **not** be a banquet.

Tshirt sizes must be received by Final Entry date.

## Preliminary Schedule (subject to change once entries are in):

Date	Session	Weigh-in time	Lifting time	Session details
Thu 25 March		18h00		SAPF AGM
Fri 26 March	1	08h00-09h30	10h00	All Men 53kg-83kg (21 lifters – 2 groups)
	2	12h00-13h30	14h00	All Women (17 lifters – 2 groups)
Sat 27 March	1	08h00-09h30	10h00	All Men 93kg-120+kg (24 lifters – 2 groups)

## Who can enter?

- Lifters need to have qualified at a Provincial Championships, in the weight and age category they wish to compete in.
- Reigning SA Champions from the previous year automatically qualify to defend their title (if it is in the same age and weight category)
- All lifters must be affiliated for the current year. Affiliation to the SAPF must be paid and confirmed before the Preliminary Entry date and prior to receipt of the Preliminary Entry.
- Only entries that comply with the requirements and that are received by the Preliminary Entry date will be accepted.

#### How to enter?

- For this event there is an online entry form on [www.powerliftingsa.co.za](http://www.powerliftingsa.co.za)
- Deposit entry fees in account *Johan Smith Powerlifting Unlimited / FNB /Acc 62604351122 /Branch 250437* with reference *Yourname*
- Payment must be made by Final Entry date to secure your entry.

Records: SA National Equipped Powerlifting and Equipped Bench Press records can be set at this event, as well as Provincial records.

#### Age categories:

Open	from the day the lifter reaches 14 years and upwards
SubJunior	from the day the lifter reaches 14 years and throughout the full calendar year in which he/she reaches 18 years
Junior	from 1 January in the calendar year the lifter reaches 19 years and throughout the full calendar year in which he/she reaches 23
Master 1	from 1 January in the calendar year the lifter reaches 40 years and throughout the full calendar year in which he/she reaches 49
Master 2	from 1 January in the calendar year the lifter reaches 50 years and throughout the full calendar year in which he/she reaches 59
Master 3	from 1 January in the calendar year the lifter reaches 60 years and throughout the full calendar year in which he/she reaches 69
Master 4	from 1 January in the calendar year the lifter reaches 70 years and upwards