

3rd ARNOLD CLASSIC AFRICA SPORTS FESTIVAL **POWERLIFTING & BENCH PRESS 18 - 20 MAY 2018**

Place: SANDTON CONVENTION CENTRE-JOHANNESBURG

Preliminary entries Wednesday 18th April 2018

Final Entries Wednesday 25th April 2018

OPEN COMPETITION (NO AGE DIVISIONS) - NO SUSPENDED LIFTER (IPF or SAPF) IS ALLOWED TO ENTER.

IPF RULES APPLY

SOUTH AFRICAN ATHLETES WHO ARE NOT AFFILIATED WITH SA POWERLIFTING NEED TO AFFILIATE WITH THE FEDERATION BEFORE THEY CAN COMPETE

THESE COMPETITIONS ARE OPEN TO ANY INTERNATIONAL IPF AFFILIATED POWERLIFTER

<u>Weight categories - Women:</u> 47 & 52 kg - Light Weight 57 & 63 kg - Middle Weight 72, 84 & +84 kg - Heavy Weight	<u>Weight categories - Men:</u> 53, 59 & 66 kg - Light Weight 74 & 83 kg - Middle Weight 93 & 105 kg - Heavy Weight 120 & +120 kg - Super Heavy Weight
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Provisional Schedule (subject to change once final entries are in):

Fri 18th May: Weigh-In 08h00 – 09h30 Start 10h00 Session 1 – Equipped Powerlifting & Bench Press **Women & Men**
Weigh-In 11h00 – 12h30 Start 13h00 Session 2 – Raw Powerlifting **Women & Men Light Weight**

Saturday 19th May: Weigh-In 07h00 – 08h30 Start 09h00 Session 1 – Raw Powerlifting Women **Middle & Heavy Weight**
Weigh-In 11h00 – 12h30 Start 13h00 Session 2 – Raw Powerlifting Men **Middle, Heavy & S/Heavy Weight**

Sunday 20th May: Weigh-In 07h00 – 08h30 Start 09h00 Session 1 – Raw Bench Women/Men
Weigh-In 10h00 – 11h30 Start 12h00 Session 3 – Double Deadlift 2 Men, 2 Women, Man/Woman

BEST LIFTER AWARDS WILL BE GIVEN BY WILKS FORMULA – Ceremony after the final session

Best Lifter Awards: Raw Powerlifting Men & Women 1. Trophy + R 5000-00 Prize money

2. Trophy + R 3000-00 Prize Money

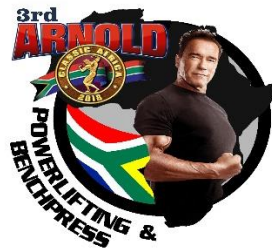
3. Trophy + R 1000-00 Prize Money

Best Lifter Awards: Raw Bench Press Men & Women 1. Trophy + R 5000-00 Prize Money

2. Trophy + R 3000-00 Prize Money

3. Trophy + R 1000-00 Prize Money

Best Lifter Awards: Equipped Powerlifting & Bench Press- Men & Women 1st, 2nd & 3rd



Contact: Hannie Smith -

0825663433, Vicki Botha - 0824473848

Entry Fee for Powerlifting / Bench Press Competitions : R 1000/ Euro 70 for 1st Event, R 500/Euro 35 for 2nd Event

INCLUDES - Entry fee, 1st 2nd & 3rd place Medals. T-Shirt & Participation Medal and Entry to the Arnold Festival for the 3 days.

DEPOSIT ALL ENTRY FEES IN ACCOUNT OF:

JOHAN SMITH ta POWERLIFTING UNLIMITED

First National Bank

Account nr: 62604351122

Branch Code 250437

Swift Code: FIRNZAJJ149 / FIRNZAJJXXX

First National Bank

Shop 12

President Square

Park Street 1

FOCHVILLE 2515

Please use your Name and Competition as reference.

SURNAME : _____ **NAME:** _____

BIRTHDATE : _____ **Affiliated for 2018:** _____

Comps entered:

Raw Powerlifting	<input type="checkbox"/>	Double Deadlift	<input type="checkbox"/>
Equipped Powerlifting	<input type="checkbox"/>	Deadlift partner:	_____
Raw Bench Press	<input type="checkbox"/>		
Equipped Bench Press	<input type="checkbox"/>		

Weight Class: _____ **Province:** _____

T-shirt Size: _____ **Payment:** _____



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