



4 th ARNOLD CLASSIC AFRICA SPORTS FESTIVAL POWERLIFTING & BENCH PRESS 17 - 19 MAY 2019

Place: SANDTON CONVENTION CENTRE-JOHANNESBURG

Preliminary entries Wednesday 17th April 2019

Final Entries Wednesday 24th April 2019

OPEN COMPETITION (NO AGE DIVISIONS) - NO SUSPENDED LIFTER (IPF or SAPF) IS ALLOWED TO ENTER. ALL LIFTERS MUST HAVE DONE A QUALIFYING COMPETITION BEFORE YOU CAN 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 17th May: Weigh-In 07h00 – 08h30 Start 09h00 Session 1 – Raw Powerlifting **Men – Light & Middle Weight**
 Weigh-In 12h00 – 13h30 Start 14h00 Session 2 – Raw Powerlifting **Women - Light Weight**

Saturday 18th May: Weigh-In 07h00 – 08h30 Start 09h00 Session 1 – Raw Powerlifting **Women Middle & Heavy Weight**
 Weigh-In 12h00 – 13h30 Start 14h00 Session 2 – Raw Powerlifting **Men Middle, Heavy & S/Heavy Weight**

Sunday 19th May: Weigh-In 07h00 – 08h30 Start 09h00 Session 1 – Equipped Powerlifting & Bench Press **ALL Women/Men**
 Weigh-In 10h00 – 11h30 Start 12h00 Session 3 – Double Deadlift 2 Men, 2 Women, Men/Woman

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

Best Lifter Awards: Raw Powerlifting Men & Women

1. Trophy + Euro 1000 Prize money
2. Certificate + Euro 500 Prize Money
3. Certificate + Euro 350 Prize Money

Best Lifter Awards: Raw Bench Press Men & Women

1. Trophy + Euro 500 Prize Money
2. Certificate + Euro 350 Prize Money
3. Certificate + Euro 200 Prize Money



Best Lifter Awards: Equipped Powerlifting Men & Women 1. Trophy + Euro 500 Prize money

2. Certificate + Euro 350 Prize Money

3. Certificate + Euro 200 Prize Money

Best Lifter Awards: Equipped Bench Press Men & Women 1. Trophy + Euro 500 Prize Money

2. Certificate + Euro 350 Prize Money

3. Certificate + Euro 200 Prize Money

The best 2 (two) men and women in the Classic Powerlifting Event in South Africa

Will qualify for the final in Spain. For these lifters the IPF will cover the costs to participate

at the Classic Powerlifting Final (Flight, Accommodation, entry and anti-doping fee)

Pay out for all prize money after receiving the results from the doping controls via IPF!

The organiser will receive checks, which can be handed out directly at the competition and after this the IPF will wire the money directly to the accounts of the lifters

Contact: Hannie Smith - 0825663433, Vicki Botha - 0824473848

Entry Fee for Powerlifting / Bench Press Competitions:

Anti-Doping Euro 60, Participation Euro 70 for 1st Event, 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.

Entry Fee for Double Deadlift Competition: R600 per team (R300 each lifter)

DEPOSIT ALL ENTRY FEES IN ACCOUNT OF:

JOHAN SMITH ta POWERLIFTING UNLIMITED

First National Bank

Account nr: 62604351122

Branch Code 250437

Swift Code: FIRZAJJ149 / FIRZAJJXXX

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 2019: _____

Comps entered: Raw Powerlifting Double Deadlift

 Equipped Powerlifting Deadlift partner: _____

 Raw Bench Press

 Equipped Bench Press

Weight Class: _____ Country/Province: _____

Qualifying competition : _____

T-shirt Size: _____ Payment: _____

Cell number: _____ email address: _____

Your coach's details (if they will be assisting you on platform):

COACH's SURNAME : _____ COACH's NAME : _____

Coach's Cell Number: _____ Coach's email address: _____

Accommodation options:



Tel: 011 780 5783 | Fax: 011 780 5600 | Cell: 078 804 9930
 Sandton Sun | Cnr. Fifth and Alice Streets
 Sandton | 2196

Reservations at HOTEL ORIBI www.hoteloribi.co.za

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