**5 th ARNOLD CLASSIC AFRICA SPORTS FESTIVAL**

**POWERLIFTING & BENCH PRESS 15 - 17 MAY 2020**

**Place: SANDTON CONVENTION CENTRE-JOHANNESBURG**

**Preliminary entries Wednesday 15th April 2020**

**Final Entries Wednesday 29th April 2020**

**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**

|  |  |
| --- | --- |
| Weight categories - Women: 47 & 52 kg - Light Weight57 & 63 kg - Middle Weight72, 84 & +84 kg - Heavy Weight | Weight categories - Men: 53, 59 & 66 kg - Light Weight 74 & 83 kg - Middle Weight93 & 105 kg - Heavy Weight 120 & +120 kg - Super Heavy Weight |

Provisional Schedule (subject to change once final entries are in):

Fri 17th May: Weigh-In 09h00 – 10h30 Start 11h00 Session 1 – Equipped Powerlifting **ALL Men**  Weigh-In 12h00 – 13h30 Start 14h00 Session 2 – Equipped Powerlifting **ALL Women**

Saturday 18th May: Weigh-In 07h00 – 08h30 Start 09h00 Session 1 – Raw Powerlifting All **Women**
 Weigh-In 12h00 – 13h30 Start 14h00 Session 2 – Raw Powerlifting All **Men**

Sunday 19th May: Weigh-In 08h00 – 09h30 Start 10h00 Session 1 – Raw & Equipped Bench Press **ALL Women/Men** Weigh-In 11h00 – 12h30 Start 13h00 Session 3 – Double Deadlift 2 Men, 2 Women, Men/Woman

 **Prize Money will be as follow:**

Bench Press Equipped men and women:                           **1st Place    EUR    300,-**

Bench Press Classic men and women:                               **1st Place    EUR    300,-**

Powerlifting Equipped men and women:                             **1st Place    EUR    300,-**

Rogue Classic Powerlifting Grand Prix men and women:  **1st Place    EUR 1.000,-**

                                                                                             **2nd Place   EUR    500,-**

                                                                                             **3rd Place    EUR    350,-**

**The payout for the prize money will be done via IPF after receiving the final results from the doing controls**

The 2 (two) best male and female lifters in the Rogue Classic Powerlifting Grand Prix are also qualified for the FINAL Tournament at the Arnold’s Classics Europe (18-20. September in Sevilla/Spain). For these lifters the IPF will cover the costs for participation (entry and antidoping fee), flight and accommodation.

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

Best Lifter Awards: Raw Powerlifting Men & Women 1. Trophy

Best Lifter Awards: Raw Bench Press Men & Women 1. Trophy

Best Lifter Awards: Equipped Powerlifting Men & Women 1. Trophy

Best Lifter Awards: Equipped Bench Press Men & Women 1. Trophy

**Contact: Hannie Smith - 0825663433, Vicki Botha - 0824473848**

**Entry Fee for Powerlifting / Bench Press Competitions:**

**Anti-Doping Euro 60, Participation Euro 60 for 1st Event, 2nd Event Anti –Doping Euro 60 Euro 30**

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

**T-Shirt can be ordered on entry form. R150**

**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 2019: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Comps entered: Raw Powerlifting □ Double Deadlift □**

**Equipped Powerlifting □ Deadlift partner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Raw Bench Press □**

**Equipped Bench Press □**

**Weight Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Province: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**T-shirt Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Payment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



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**

Contact Asanda

+27 11 614 1970/1

+27 11 614 1972 Fax