



## **GAUTENG RAW AND EQUIPPED BENCH PRESS CHAMPIONSHIP**

### **29 SEPTEMBER 2018**

**VENUE:** CORE FITNESS PRETORIA, Sefako Makgatho Dr,  
0186, Pretoria, South Africa

**FINAL ENTRIES:** 14 SEPTEMBER 2018

**DIVISIONS:** SUB-JUNIOR  
JUNIOR  
OPEN  
MASTER 1  
MASTER 2  
MASTER 3

### **AFFILIATION**

ATHLETES WHO ARE NOT AFFILIATED WITH THE SOUTH AFRICAN POWERLIFTING FEDERATION, NEEDS TO AFFILIATE WITH THE FEDERATION BEFORE THEY CAN COMPETE.

**ALL AFFILIATIONS SHOULD BE COMPLETED AND PAID FOR ONLINE:**  
**[HTTP://WWW.POWERLIFTINGSA.CO.ZA/NODE/1262](http://www.powerliftingsa.co.za/node/1262)**

NO BANNED LIFTERS WILL BE ALLOWED TO COMPETE AT THIS COMPETITION.

**PROVISIONAL SCHEDULE** (SUBJECT TO CHANGE ONCE FINAL ENTRIES ARE RECEIVED)

#### **SESSION 1**

**WEIGH IN:** 07:00 – 08:30

**STARTS:** 09:00

**RAW BENCH PRESS MEN & WOMEN**

#### **SESSION 2**

**WEIGH IN:** 09:30 – 11:00

**STARTS:** 11:30

**EQUIPPED BENCH PRESS MEN & WOMEN**



### **ENTRY FEE**

R450 FOR 1ST EVENT AND DIVISION

R150 FOR 2<sup>ND</sup> DIVISION (MASTERS/OPEN/SUB-JUNIOR/JUNIOR)

R250 FOR 2<sup>ND</sup> EVENT (RAW/EQUIPPED)

ENTRY FEE INCLUDES PARTICIPATION CERTIFICATE AND T-SHIRT.

### **DEPOSIT ALL ENTRY FEES INTO THE FOLLOWING ACCOUNT:**

**ACCOUNT NAME:** Bushido Holdings Trust

**ACCOUNT NUMBER:** 62630837013

**BANK NAME:** First National Bank

**TYPE OF ACCOUNT:** Cheque Account

- 1) PLEASE USE YOUR NAME AS REFERENCE
- 2) SEND PROOF OF PAYMENT TO [PAYMENTS@GNPC.CO.ZA](mailto:PAYMENTS@GNPC.CO.ZA)
- 3) PLEASE REGISTER FOR THE COMPETITION ON THE FOLLOWING WEBSITE: [WWW.GNPC.CO.ZA](http://WWW.GNPC.CO.ZA)

### **GAUTENG NORTH POWERLIFTNG CLUB CONTACT DETAILS:**

SANDRI VAN STADEN – 084 588 0516 (Club President)

GEORGE PARKER – 083 320 7150 (Secretariat)

ETIENNE POTGIETER – 083 349 0986 (Event's Organiser)