



All lifters must be affiliated to the SAPF for 2018.
Affiliate here: <http://www.powerliftingsa.co.za/node/1262>

Beast of the East is a [SA Powerlifting Federation](#) sanctioned event and is a qualifier for both the 2019 SA RAW Powerlifting Champs and SA EQUIPPED Powerlifting Champs.

Date: Saturday, 6 October 2018

ENTRIES ARE CAPPED AT 60 LIFTERS. Payment reserves your entry.

Entry Fee: R400 (includes participation medal)
Additional age category entry: R100 per extra category

Entries and Payments Close: 22 September 2018
Payment via Online Entry Form (PayFast) Only.

Schedule (sessions to be confirmed): First weigh-in at 07:00, lifting at 09:00

Venue: CrossFit 1610, 4 Engwena Road, Sebanza, Edenvale.

Competitions: Raw Powerlifting and Equipped Powerlifting (all weight and 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

Lifter Details:

Name: _____ Surname : _____

Birthdate: _____

Male ☐ Female ☐

Age Category: Sub-Junior ☐ Junior ☐ Senior ☐ M1 ☐ M2 ☐ M3 ☐ M4 ☐

Weight Class : _____

Competition: Raw ☐ Equipped ☐

Affiliated: Yes ☐ No ☐

Club: _____

Cell no: _____ Email: _____

Total fee: R400 Entry Yes/No

R100 Extra Age Category Yes/No. Total: R_____