

Bench Qualifier



(everybody welcome – all lifters must be SAPF affiliated)

Date : Sunday 30th October 2016
Venue : **School of Strength**, 3 Adele Place, Hurlingham Ext 5
Directions : Turn into Republic Road from William Nicol.
1st left into Waggon Rd.
Continue on Waggon Rd until the first stop street (T junction).
Turn left into Adele Place.
School of Strength is the third driveway on the right (panhandle).
Park on the open field across the road.

Competition: **Raw and Equipped Bench Press**

Weigh-in : 11h00

Lifting starts when everyone has weighed in.

Entry fee : R200 per lifter. Pay on the day.

Send entry forms to Rodney - 082 898 7706. rodanthony29@gmail.com

Lifters must be SAPF affiliated to enter. Non-registered lifters must affiliate for 2017.

Lifter Details:

Name: _____ Surname : _____

Birthdate: _____ Subjunior Junior Senior

Weight Class : _____ M1 M2 M3 M4

Affiliated: _____

Cell no: _____ Raw: _____ Equipped: _____

This event is a qualifying competition for the 2017 SA Bench Press Championships, which will be held on 26/27 November 2016.