

# Clean & Deadlift Show



*(Lifters do not have to be affiliated to SAPF, but no banned/suspended lifters may enter)*

Date : Saturday 1<sup>st</sup> April 2017  
Venue : **St Davids Inanda (Main Hall)**  
36 Rivonia Road, Inanda

Competition : **Clean and Deadlift**

Rules :

1. Clean - can be Power Clean, Full Clean or Hang Clean (the rest of the rules as per IWF Rules)
2. Deadlift – Rising bar (the rest of the rules as per IPF Rules)
3. The winner will be decided on the highest total of Sinclair points for Clean and Wilks points for Deadlift. The 2 points will be added together to get the total points per lifter.

Weigh-in : 2pm

Lifting starts : 4pm

Door Entry fee : R30 per person (50% to go to prize money for lifters)

Competition Entry fee: R400 (Early entry fee before 20<sup>th</sup> March = R400; Late entry fee before 29<sup>th</sup> March = R500; Entry fee on the day = R550)

R100 of all entry fees will be put into the pot for prize money for Best Woman and Man.

Prizes (medals and trophies) from 1<sup>st</sup> to 5<sup>th</sup> place on overall points according to formula above (no weight divs).

Send entry forms to Rodney - 082 898 7706. [rodanthony29@gmail.com](mailto:rodanthony29@gmail.com)

*Payments to C Anthony, First National Bank, Acc 62032347719 Code 250017.*

*Proof of payment to Rodney - 082 898 7706. [rodanthony29@gmail.com](mailto:rodanthony29@gmail.com)*

## Lifter Details:

Name: \_\_\_\_\_ Surname: \_\_\_\_\_  
Birthdate: \_\_\_\_\_ Subjunior ☐ Junior ☐ Senior ☐  
Weight Class: \_\_\_\_\_ M1 ☐ M2 ☐ M3 ☐ M4 ☐  
Club: \_\_\_\_\_  
Cell no: \_\_\_\_\_ Male ☐ Female ☐