



2 Man ... 2 Woman ... Mixed Couple



--DOUBLE-- DEADLIFT-- CHALLENGE

Saturday 1 July 2017

Venue : Barbell Bullies, Sunninghill Village

Weigh-in : 4 pm

Lifting starts : 6 pm

Entry fee : R300 per lifter (R600 per couple) for one event. R150 per person for extra event.

Best Lifter Trophies for best Women's team, best Men's team and best Mixed Couple team, TEENS and OPEN

Medals for 1st, 2nd, 3rd places for each weight division for TEENS and OPEN

Entries by 28th June. R100 extra per lifter for entries on the day.

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

Proof of payment to Rodney - 082 898 7706. rodanthony29@gmail.com

Order of Competition: (Rising Bar, IPF Rules)

2 x Woman Deadlift:

- Lightweight (total bodyweight < 120kg)
- Middleweight (total bodyweight < 150kg)
- Heavyweight (total bodyweight +150kg)

2 x Man Deadlift:

- Lightweight (total bodyweight < 150kg)
- Middleweight (total bodyweight < 200kg)
- Heavyweight (total bodyweight +200kg)

Mixed Couple Deadlift:

- Lightweight (total bodyweight < 135kg)
- Middleweight (total bodyweight < 175kg)
- Heavyweight (total bodyweight +175kg)

Name : _____ Surname: _____ Date of Birth: _____

Cell number : _____

Event	1 st event R300	2 nd event R150	Partner's name
2x Woman Deadlifts			
2x Man Deadlifts			
Mixed Couple Deadlifts			