

Gauteng 3 Lift Raw Competition



(everybody welcome – all lifters must be SAPF affiliated for 2015)

Date : Saturday 29 August 2015
Venue : St Stithians Girls Gym, 40 Peter Place, Lyme Park, Randburg
Competition : Classic (Raw) Powerlifting (3 Lift)

All weight divisions (Men: 53kg, 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, +120kg)
(Women: 43kg, 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, +84kg)

All age categories (Subjunior, Junior, Senior, Master1, Master2, Master3, Master4).

- Every lifter competes as a Senior;
- Masters compete in their specific Master age group and as Seniors;
- Juniors compete as Juniors and Seniors;
- Subjuniors compete as Subjuniors, Juniors and Seniors.

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

Weigh-in : 08h00

Lifting starts : 10h00

Entry fee : R350 per lifter.

Entries by Sunday 23th August. Late entries (and entries on the day) R500 per lifter.

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

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

Lifter Details:

Name: _____ Surname: _____
Date of Birth: _____ Contact number: _____
Weight Div: _____

This tournament is a qualifying competition for the 2016 SA Raw Powerlifting Championships.