

Gauteng Bench Press Championships



(everybody welcome – all lifters must be SAPF affiliated for 2017)

Date : Saturday 30 September 2017
Venue : School of Strength, 3 Adele Place, Hurlingham
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.

Competitions : Classic (Raw) and Equipped (Suited) Benchpress

All weight divisions and 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

Raw Weigh-in : 08h00 Equipped Weigh-in : 13h00
Raw Lifting starts : 10h00 Equipped Lifting starts : 15h00

(lifters competing in both Raw and Equipped don't have to weigh in twice)

Entry fee : R300 per lifter. Extra R100 to compete in both Raw and Equipped.

Entries by Wednesday 27th September. Late entries (and entries on the day) R400 per lifter, R500 for both Raw and Equipped.

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: _____
Birthdate: _____ Subjunior ☐ Junior ☐ Senior ☐
Weight Class: _____ Raw: ☐ Equipped: ☐ M1 ☐ M2 ☐ M3 ☐ M4 ☐
Club: _____ Male ☐ Female ☐
Cell no: _____ Email: _____

NB: Come and compete ... This tournament is a qualifying competition for the 2018 SA Bench Press Championships.

NB: Next year's World Equipped Bench Championships will be in Potch in April