

# Gauteng Open Benchpress Competition



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

Date : Saturday 15 August 2015 (if lots of entries, 16<sup>th</sup> August as well)

Venue : St Stithians Girls Gym, 40 Peter Place, Lyme Park, Randburg

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 : 07h00

Equipped Weigh-in : 12h00

Raw Lifting starts : 09h00

Equipped Lifting starts : 14h00

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

Entry fee : R350 per lifter. Extra R100 to compete in both Raw and Equipped.

Entries by Sunday 9<sup>th</sup> August. Late entries (and entries on the day) R500 per lifter, R600 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](mailto:rodanthony29@gmail.com)*

## Lifter Details:

Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Contact number: \_\_\_\_\_

Weight Div: \_\_\_\_\_

Raw: \_\_\_\_\_ Equipped: \_\_\_\_\_

**NB:** Come and compete ... This is the start of the buildup to the **IPF Open, Subjunior & Junior Benchpress World Championships** to be held in South Africa in May 2016. This tournament is a qualifying competition for the SA BenchPress Championships on 21-22 November 2015, after which the SA team to compete at the World's will be selected.