



Gauteng Bench Press Championships 2021

Date : Saturday, 30 January 2021

Venue : Barbell 1610

Address: 6b Engwena Road, Sebenza, Edenvale (around the corner from old Barbell 1610 gym)

Entry fee: R400 for one competition, an extra R200 to enter both Classic and Equipped Bench
R100 for an extra age category

Payment to: M Leighton, First National Bank, Account Number: 62054737972, Branch Code: 250655,
Reference <YourName Bench>

Proof of Payment and Entry Forms to Megan Leighton – 082 470 9891 / meg@cf1610.co.za

Age Categories	
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

Competitions: 1. Classic Bench Press
2. Equipped Bench Press

Preliminary entry deadline: 9 January 2021 (no new entries allowed after this date)

Final Entries: 23 January 2021 (for payments, any weight/age category changes, withdrawals)

Weigh-in times and lifting sessions to be confirmed based on entries received.

All lifters must affiliate for 2021 before they compete.

Entry Details:

Name: _____ **Surname:** _____

Birthdate: _____ **Sub-Junior** **Junior** **Senior**

Weight category: _____ **M1** **M2** **M3** **M4**

Club/Coach: _____ **Classic:** **Equipped:** **Male/Female:** __

Cell No: _____ **Email:** _____

This is the Gauteng qualifying competition for the 2021 SA Classic and Equipped Bench Press Championships scheduled for 20 March 2021 in PE.
Lifters need to compete in the Gauteng Championships to qualify for Gauteng Colours.
All lifters must be affiliated for 2021.