

# Gauteng Powerlifting Championships



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

**Date** : Saturday 19 August 2017  
**Venue** : Girls College Gym, St Stithians College  
**Address** : 40 Peter Place Randburg  
**Competition** : Classic and Equipped Powerlifting

*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

**Schedule** (Subject to change depending on numbers of entries):

Session 1 - All Men (Weigh-in at 07h00, Lifting starts at 09h00)  
Session 2 - All Women (Weigh-in at 11h00, Lifting starts at 13h00)

**Entry fee** : R400 per lifter, by Wednesday 15<sup>th</sup> August. Late entries (and entries on the day) R500.

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

*Entry form and Proof of payment to Rodney - 082 898 7706. [rodanthony29@gmail.com](mailto:rodanthony29@gmail.com)*

## Lifter Details:

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

Birthdate: \_\_\_\_\_ Subjunior  Junior  Senior

Weight Class : \_\_\_\_\_ Raw:  Equipped:  M1  M2  M3  M4

Affiliated: \_\_\_\_\_ Male  Female

Cell no: \_\_\_\_\_ Email: \_\_\_\_\_

- 1. This tournament is a qualifying competition for the 2018 SA Raw and Equipped Powerlifting Championships.**
- 2. Lifters need to compete in the Gauteng Championships to qualify for Gauteng Colours for 2017.**