



Gauteng Powerlifting Championships 2019

Date : 16, 17, 18 August 2019

Venue : Girl's College Gym, St Stithians College

Address: 40 Peter Place, Randburg

Entry fee:

- | | |
|--|--|
| 1. Early entry (by midnight 28 July) | R400, plus R100 for extra age category |
| 2. Entry from 29 July to midnight 11 Aug | R500, plus R150 for extra age category |
| 3. Late entry from 12 Aug to on the day | R750, plus R250 for extra age category |

Tshirt cost: R150 for orders placed before midnight on 11 Aug, after that R200 if available

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

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

Competition: Classic and Equipped Powerlifting

Lifting schedule (All sessions subject to change depending on entries received):

Session	Date	Weigh in time	Lifting time	Groups
1	Fri 16 Aug	07h00-08h30	09h00	Women 43kg, 47kg, 52kg, 57kg Men 53kg, 59kg, 66kg
2	Fri 16 Aug	10h00-11h30	12h00	Women 63kg
3	Fri 16 Aug	14h00-15h30	16h00	Men 74kg
4	Sat 17 Aug	06h00-07h30	08h00	Women 72kg
5	Sat 17 Aug	10h00-11h30	12h00	Men 83kg
6	Sat 17 Aug	14h00-15h30	16h00	Men 93kg, 105kg
7	Sun 18 Aug	06h00-07h30	08h00	Women 84kg, +84kg Men 120kg, +120kg
8	Sun 18 Aug	10h00-11h30	12h00	All Equipped

Lifter Details:

Name: _____ **Surname:** _____

Birthdate: _____ **Subjunior** **Junior** **Senior**

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

Club/Coach: _____ **Raw** **Equipped:** **Male/Female:** _____

Cell No: _____ **Email:** _____

This is the only Gauteng qualifying competition for the 2020 SA Classic Powerlifting Championships scheduled for December 2019.
Lifters need to compete in the Gauteng Championships to qualify for Gauteng Colours.
All lifters must be affiliated for 2019.