



All lifters must be affiliated for 2018. **Affiliate here:** <http://www.powerliftingsa.co.za/node/1262>

The 2018 Gauteng Powerlifting Championships is a [SA Powerlifting Federation](#) sanctioned event and is a qualifier for both the 2019 SA RAW Powerlifting Champs and SA EQUIPPED Powerlifting Champs. In order to qualify for Gauteng Colours, you are required to compete at this event. Colours will be awarded by the Gauteng Sports Council.

Dates: Saturday, 18 August 2018 **IF MORE THAN 80 ENTRIES**, then Sunday 19th August too.

Schedule (sessions to be confirmed): First weigh-in at 07:00, lifting at 09:00

Venue: The Italian Club, Bedfordview, Johannesburg (7 Marais Road, Bedfordview, 2008)

Competitions: Raw Powerlifting and Equipped Powerlifting (all weight and 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

Entry Fee: R400 (includes participation medal and certificate)

Additional age category entry: R100 per extra category

Pre-order Competition Shirt: R100

Entries and Payments Close: 4 August 2018

Lifter Details:

Name: _____ Surname : _____

Birthdate: _____

Male Female

Age Category: Sub-Junior Junior Senior M1 M2 M3 M4

Weight Class : _____

Competition: Raw Equipped

Affiliated: Yes No

Cell no: _____ Email: _____

Total fee: R400 Entry Yes/No

R100 Competition Shirt Yes/No

R100 Extra Age Category Yes/No.

Total: R_____