



2013 SA Powerlifting Championships

The 2013 SA Powerlifting Championships will take place from Thursday 20 to Saturday 22 June 2013 on the main stage of Oxygen Fitness and Wellness Centre, Zambezi Road, Derdepoort, Pretoria

The provisional programme of events will be as follows

Thursday 20 June 2013 - SAPF Conference

9h00 – 15h00

* (Gail will distribute more information before end of May 2013)

15h30 – 19h00 – AGM

19h30 – 20h30 – National Referee Exam

Friday 21 June 2013

First weigh-in will be 8h00

All women and lighter divisions

- Please note final lifting time table and weigh-in times can only be finalised after final entries

Saturday 22 June 2013

First weigh-in 7h00

Heavier men divisions

- Please note final lifting time table and weigh-in times can only be finalised after final entries

Prizegiving Banquet

19h00

Additional banquet tickets R 200 per person

Dress code for the banquet is formal !!! Please wear your National colours or Provincial colours as members of SASCOC and SRSA will be present.

Entry fees :

WP, EP, KZN, NC – free entry including 1 T-shirt and 1 Banquet ticket per lifter

FS - R 250 entry fee including 1 T-shirt and 1 Banquet ticket per lifter

G, NW - R 1000 per lifter including 1 T-shirt and 1 Banquet ticket per lifter

Final entries - payment and fully completed entry form must be sent in before Tuesday 21 May 2013 – NO LATE ENTRIES WILL BE ACCEPTED!

All individual lifters must pay R 1000 entry fee.

No individual entries will be accepted (except from lifters eg. from Limpopo etc).

One entry form per Province .

If the entry form is not completed fully, it will be returned.

Provinces must ensure that lifters did qualify and that they are affiliated before entering them .

There are 3 options available for T-shirts:

Normal T-shirt, Sleeveless T-shirt and Long Sleeve T-shirt

You can order as many as you want – T-shirt and Sleeveless are R 100 each and Long sleeve T-shirts R 150 each – please indicate sizes.

QUALIFYING CRITERIA

1. If you have won the 2012 SA Powerlifting Championship you automatically qualify.
2. If not, you had to do a Powerlifting competition between the 2012 and 2013 SA Powerlifting Championships and done the required total as set out below – see “ qualify to compete” column

2013 MEN POWERLIFTING

	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	N/A	ORANGE	BLUE
JUNIORS	YELLOW	GREEN	BRONZE
SECONDARIES	GREEN	GREEN	N/A
MEN OPEN	BROWN	BLACK	GOLD
MEN MASTER 1	ORANGE	GREEN	BLACK
MEN MASTER 2	YELLOW	ORANGE	BROWN
MEN MASTER 3	N/A	YELLOW	BLUE

2013 WOMEN POWERLIFTING

	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	N/A	ORANGE	BLUE
JUNIORS	YELLOW	GREEN	BLACK
SECONDARIES	GREEN	GREEN	N/A
WOMEN OPEN	GREEN	BLUE	SILVER
WOMEN MASTER 1	YELLOW	ORANGE	BROWN
WOMEN MASTER 2	N/A	YELLOW	BLUE

3. Please indicate on the entry form where you qualified, total and date.

BUDGET ACCOMMODATION

Budget accommodation is available at the hostel of Sonitus School for only R 120 bed and breakfast per person per night – please book with me asap as there is limited space.

All payments must be done to SAPF, Nedbank 132805, Acc nr 1030629544 and proof of payment to be mailed to me.

Please contact me for more info – 072 301 7420 / helgard@oxygengym.co.za

We will do our best to make this the best SA Championships ever

Helgard