

Open Deadlift Competition 2017

(everybody welcome – lifters need not be SAPF affiliated but no banned/suspended lifters permitted)

- Date** : Saturday 28 October 2017
- Venue** : School of Strength, 3 Adele Place, Hurlingham
- Directions** : Turn into Republic Road from William Nicol. 1st left into Waggon Rd.
Continue on Waggon Rd until the first stop street (T junction).
Turn left into Adele Place. School of Strength is the third driveway on the right (panhandle).
Park on the open field across the road.
- Competition** : Classic (Raw) Deadlift – no suits or wraps. Knee sleeves allowed.
- Format** : Rising bar, 2 changes allowed per attempt, rest of rules as per IPF,
3 minutes rest if you follow yourself
- Prizes** : Medals for 1st, 2nd, 3rd per age group and division. Best lifter medals for all age groups
Overall Best Male and Female Lifter according to Wilks points – R500 each.
Any Lady lifters getting over 180 Wilks points, and Male lifters getting over 190 Wilks points – R500 each (max R1500 per gender, so if more than 3 ladies/men qualify they share the prize money)
- Entry fee** : R400 per lifter. Entries by 25 Oct. Late entries (and entries on the day) R500 per lifter.
- Payments to C Anthony, First National Bank, Acc 62032347719 Code 250017.*
- Proof of payment to Rodney - 082 898 7706. rodanthony29@gmail.com*

---- COACHES CHALLENGE ----- (If you love your coach!!) ----- COACHES CHALLENGE ---

Make sure you get a team of 6 men (or more) and 6 women (or more) to help your coach win the prize money of R5000 for Best Women's coach and R5000 for Best Men's coach. Top 6 lifters' Wilks score will be totaled per club/coach to find the winning teams.

We need at least 5 clubs to enter (ie 5 teams of at least 6 Male lifters and 5 teams of at least 6 Female lifters) to make this possible. If a coach or club cannot make up a full team, you may team up with another coach or club.

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Weigh-in : 8am Lifting starts at 10am

Competition Tshirts on sale for R200 – If you want to make sure you get one, you must order and pay before 20 October 2017. First 50 entries get Tshirts at R100 (Half Price!)

Lifter Details:

Name: _____ Surname: _____

Birthdate: _____ Subjunior Junior Senior

Weight Class: _____ M1 M2 M3 M4

Club/Coach: _____ Male Female

Cell no: _____ Email: _____

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