



2013 SA Bench Press Championships

The 2013 SA Bench Press Championships will take place on Saturday 26 October 2013 on the main stage of Unite180 HQ (Old Oxygen Gym), Zambezi road, Derdepoort, Pretoria

The provisional program of events will be as follows:

Saturday 26 October 2013

First weigh-in 7h00

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

Prize giving banquet

19h00

Additional banquet tickets R 200 per person

Dress code for the banquet is **Formal !!!** Please wear your National Colours or Provincial Colours. Members of SASCOC and SRSA could 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 Saturday 21 September 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 e.g. 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 .Please indicate on entry form?

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 Bench Press Championship you automatically qualify.
2. If not, you had to do a competition between the 2012 and 2013 SA Bench Press Championships and done the required total as set out below – see “Qualifying Standards” to complete column - If you competed in a 3 lift comp in this period and your bench was enough to qualify, then you can also enter

2013 MEN BENCH PRESS

	COMPETE	MEDAL & TITLE	NATIONAL COLORS
SJ	YELLOW	GREEN	BROWN
J	ORANGE	BLUE	SILVER
O	BLACK	BRONZE	ELITE1
M1	GREEN	BLUE	BRONZE
M2	ORANGE	GREEN	BLACK
M3	YELLOW	ORANGE	BROWN

2013 WOMEN BENCH PRESS

	COMPETE	MEDAL & TITLE	NATIONAL COLORS
SJ	YELLOW	GREEN	BROWN
J	ORANGE	BLUE	BRONZE
O	BLUE	BROWN	GOLD
M1	ORANGE	GREEN	BLACK
M2	YELLOW	ORANGE	BROWN
M3	N/A	YELLOW	BLUE

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

PLEASE NOTE :

Lifters are only allowed to enter one age category . This will be applicable for all National Competitions

BUDGET ACCOMMODATION

Budget accommodation is available at the hostel of Sonitus School for only R130.00 bed and breakfast per person per night – please book with me a.s.a.p. as there is limited space

All payments must be done to South African Powerlifting Federation:

- Nedbank Current Account
- Branch: Broadacres: 132805
- Account No: 1030629544
- Reference: Name & Surname
- Proof of payment to be emailed to Helgard Coertze

Please contact me for more information:

- Cell No: 072 301 7420
- Email Address: helgard@oxygengym.co.za

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

Kind Regards,

Helgard

Entry and Payment Analysis

Tshirt/Sleeveless/LongSleeve Indicate size in column(s) T, S or L below

[illegible]

[illegible]

[illegible]