



# SA CLASSIC and EQUIPPED BENCH PRESS CHAMPIONSHIPS – 2015/6

**Date:** SATURDAY 21<sup>st</sup> and SUNDAY 22<sup>nd</sup> NOVEMBER 2015  
**Place:** St. Stithians, Johannesburg  
**Preliminary Entries:** Sunday 18<sup>th</sup> October  
**Final Entries:** Sunday 8<sup>th</sup> November

**Weigh-ins:** First weigh-in for Classic(Raw) : Sat 21<sup>st</sup> Nov from 07h00-08h30  
First weigh-in for Equipped : Sun 22<sup>nd</sup> Nov from 07h00-08h30  
(Note: times for weigh-ins and extra weigh-ins to be confirmed depending on numbers of entries)  
Lifting to start at 09h00

**Banquet:** 2pm on Sunday 22<sup>nd</sup> Nov, dependant on numbers interested,  
Cost: R250 per person

**Contact:** Rodney Anthony – 082 898 7706

**Entry fee:** R500-00 per lifter (Includes Entry fee, T-Shirt)  
R750-00 to compete in both Classic(Raw) and Equipped  
R100-00 per additional age class if qualified to compete

**DEPOSIT ALL ENTRY FEES IN MEET DIRECTOR'S ACCOUNT** (*C Anthony, First National Bank, Acc 62032347719 Code 250017*). **Please use your name and SABP as reference.**

**All T-Shirt sizes and banquet numbers needed with Final Entries**

**Entry fees must be paid with Final Entries**

**Provinces must ensure that all lifters are affiliated for 2016 and have qualified**

**Province heads please email entry forms to [rodanthony29@gmail.com](mailto:rodanthony29@gmail.com)**