



SA CLASSIC and EQUIPPED BENCH PRESS CHAMPIONSHIPS – 2018



Date: SATURDAY 17 FEBRUARY 2018
Place: St. Stithians College Hockey Hall, 40 Peter Place, Randburg, Johannesburg
Preliminary Entries: Sunday 28 Jan 2018
Final Entries: Sunday 11 Feb 2018

Weigh-in for Classic(Raw): 08h00-09h30 **Lifting starts at:** 10h00

Weigh-in for Equipped: 11h00-12h30 **Lifting starts at:** 13h00

(Note: times for weigh-ins and extra weigh-ins to be confirmed depending on numbers of entries)

Banquet: No banquet

Contact: Rodney Anthony – 082 898 7706

Entry fee: R600-00 per lifter (Includes Entry fee, T-Shirt)
R900-00 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 needed with Final Entries

Entry fees must be paid with Final Entries

Provinces must ensure that all lifters are affiliated for 2018 and have qualified

Province heads please email entry forms to rodanthony29@gmail.com

Lifter Details:

Name: _____ Surname : _____

Birthdate: _____

Weight Class : _____

Entering for age classes? Subjunior ____ Junior ____ Senior ____ M1 ____ M2 ____ M3 ____ M4 ____

RAW : _____ EQUIPPED: _____ Tshirt size: _____

Affiliated for 2018: _____ Cell no: _____

NOTE: The SA Bench Championships is the main qualifying competition for SA lifters wishing to qualify for IPF World Bench events, African Championships and Commonwealth Championships, and first choice for a place in the SA team will be given to lifters that lift at SA Championships, before any other qualifying lifters. The SA Equipped and SA Raw Bench teams will be announced after this event.