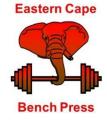
2021



SA BENCH PRESS CHAMPIONSHIPS

DISABLED, CLASSIC & EQUIPPED

DATE: 13 March 2021

PLACE: Cape Recife School, Admiralty Way,

Summerstrand, Port Elizabeth

PRELIMINARY CLOSING DATE: 11 February 2021

FINAL ENTRIES: 27 February 2021

NO LATE ENTRIES WILL BE ACCEPTED

DISABLED BENCH	CLASSIC BENCH PRESS	EQUIPPED BENCH PRESS					
Weigh-in: 08h00 – 09h30	Weigh-in: 08h00 – 09h30	Weight-in: 12h00 – 13h30					
Start Time: 10h00	Start Time: 10h00	Start Time: 14h00					
Weigh-in times are subject to change							
Cost: R750.00	Cost: R750.00	Cost: R750.00					
Includes: Trophy, T-shirt,	Includes: Trophy, T-shirt,	Includes: Trophy, T-shirt,					
Certificate and Awards	Certificate and Awards	Certificate and Awards					
Ceremony	Ceremony	Ceremony					
R300 extra for every additional	R300 extra for every additional	R300 extra for every additional					
age category entered	age category entered	age category entered					
Extra T-shirt: R160.00 (Only on pre order)							
No orders will be taken after Final Entries have closed.							
Extra Awards Ceremony: R200.00 per person							

Banking Details:

Acc. Holder. E.C. Powerlifting. (I.M Maritz)
Capitec BANK
Savings Account
Acc No. 1685 1518 15

USE YOUR INITIALS, SURNAME & SABP21 AS REFERENCE e.g. SBritz-SABP21

NO AFFILIATION / NO PAID ENTRY = NO COMPETITION

Contact the below numbers for more details.

2021 SA BENCH PRESS CHAMPIONSHIPS



REGISTRATION FORM

One form per lifter.

One form per i	iitei.					
Name & Surnam	ne					
ID No.						
Male / Female						
Phone Number						
Email						
Qualifying Comp	petition & Date					
Province						
Club & Coach						
T-shirt Size						
Age Cat	Weight	Disabled	Classic Bench	Equipped		Cost
	Division	Bench Press	Press	Bencl	n Press	
Extra Awards Co	romony			Yes	No	
LXII a Awai us Ci	eremony			163	INO	
Extra T-shirt				Yes	No	
TOTAL DUE						
PAID ON (date)						

E-mail (all of the following in one email) to :

Easterncapepowerlifting@gmail.com

- ✓ Proof of Payment
- ✓ Entry form
- ✓ Copy of ID