



# 2ND SA RAW POWERLIFTING AND BENCH PRESS CHAMPIONSHIPS

## ENTRY FORM – TOO BE DONE VIA PROVINCE

Date	: 23 FEBRUARY 2013
Place	: ST STITHIANS SCHOOL – GIRLS HALL
Registration	: 07H00
First Weigh In	: 08H00 – All FEMALES & MEN 53, 59, 66, 74 & 83
Second Weigh in	: 11H00 – MEN ONLY 93, 105, 120 & 120+
Lifting Starts	: 10H00
Contact – Meet Director	: RODNEY ANTHONY – 082 898 7706
Entries Close	: 08 FEBRUARY 2012
Divisions	: SUB – JUNIORS, JUNIORS, SENIORS & MASTERS
Qualification for:	
Place, Medal & Title	: SEE ATTACHMENTS
Attire	: WRIST WRAPS, BELTS & KNEE SLEEVES ONLY
Entry Fee	: R 250.00 – INCLUDES T - SHIRT
Banquet	: R 150.00

Please fax all entry forms to 086 654 6978 or mail to [helgard@oxygengym.co.za](mailto:helgard@oxygengym.co.za)

## LATE ENTRIES ON THE DAY

Registration	: 07H00
Entry Fee	: R 350.00 – <b><u>EXCLUDES T - SHIRT</u></b>
Banquet	: R 200.00 – TOO BE DONE AT REGISTRATION
Affiliation to SAPF	: <b><u>NB:</u></b> AFFILIATION FORM TOGETHER WITH AFFILIATION FEE, COPY OF IDENTITY DOCUMENT & PASSPORT NEEDS TO BE COMPLETED BEFORE YOU CAN PROCEED TO WEIGH IN

Province : \_\_\_\_\_

Manager : \_\_\_\_\_

Coach : \_\_\_\_\_

Referees (Available) : \_\_\_\_\_

[illegible]

## 2013 MEN UNEQUIPPED POWERLIFTING (wrist wraps, belts & knee sleeves only)

	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	N/A	YELLOW	ORANGE
JUNIORS	YELLOW	YELLOW	BROWN
SECONDARIES	YELLOW	YELLOW	N/A
MEN OPEN	GREEN	BLUE	BRONZE
MEN MASTER 1	YELLOW	YELLOW	BLUE
MEN MASTER 2	YELLOW	YELLOW	GREEN
MEN MASTER 3	N/A	YELLOW	ORANGE

## 2013 MEN UNEQUIPPED BENCH PRESS (belts & wrist wraps only)

	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	<b>YELLOW</b>	<b>YELLOW</b>	<b>GREEN</b>
JUNIORS	<b>YELLOW</b>	<b>ORANGE</b>	<b>BLACK</b>
SECONDARIES	<b>YELLOW</b>	<b>YELLOW</b>	<b>N/A</b>
MEN OPEN	<b>BLUE</b>	<b>BROWN</b>	<b>SILVER</b>
MEN MASTER 1	<b>YELLOW</b>	<b>ORANGE</b>	<b>BROWN</b>
MEN MASTER 2	<b>YELLOW</b>	<b>YELLOW</b>	<b>BLUE</b>
MEN MASTER 3	<b>YELLOW</b>	<b>YELLOW</b>	<b>GREEN</b>

## 2013 WOMEN UNEQUIPPED POWERLIFTING(wrist wraps, belts & knee sleeves only)

	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	N/A	YELLOW	ORANGE
JUNIORS	YELLOW	YELLOW	BLUE
SECONDARIES	YELLOW	YELLOW	N/A
WOMEN OPEN	YELLOW	ORANGE	BLACK
WOMEN MASTER 1	YELLOW	YELLOW	GREEN
WOMEN MASTER 2	N/A	YELLOW	ORANGE

## 2013 WOMEN UNEQUIPPED BENCH PRESS (belts & wrist wraps only)

	QUALIFY TO COMPETE	QUALIFY FOR MEDAL & TITLE	NATIONAL COLOURS
SUB JUNIORS	<b>YELLOW</b>	<b>YELLOW</b>	<b>GREEN</b>
JUNIORS	<b>YELLOW</b>	<b>ORANGE</b>	<b>BROWN</b>
SECONDARIES	<b>YELLOW</b>	<b>YELLOW</b>	<b>N/A</b>
WOMEN OPEN	<b>ORANGE</b>	<b>GREEN</b>	<b>BRONZE</b>
WOMEN MASTER 1	<b>YELLOW</b>	<b>YELLOW</b>	<b>BLUE</b>
WOMEN MASTER 2	<b>YELLOW</b>	<b>YELLOW</b>	<b>GREEN</b>