



# 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**

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

Eastern Cape



Bench Press

### REGISTRATION FORM

One form per lifter.

<b>Name &amp; Surname</b>					
<b>ID No.</b>					
<b>Male / Female</b>					
<b>Phone Number</b>					
<b>Email</b>					
<b>Qualifying Competition &amp; Date</b>					
<b>Province</b>					
<b>Club &amp; Coach</b>					
<b>T-shirt Size</b>					
<b>Age Cat</b>	<b>Weight Division</b>	<b>Disabled Bench Press</b>	<b>Classic Bench Press</b>	<b>Equipped Bench Press</b>	<b>Cost</b>
<b>Extra Awards Ceremony</b>				Yes	No
<b>Extra T-shirt</b>				Yes	No
<b>TOTAL DUE</b>					
<b>PAID ON (date)</b>					

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

[Easterncapepowerlifting@gmail.com](mailto:Easterncapepowerlifting@gmail.com)

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