

SA CLASSIC and EQUIPPED BENCH PRESS CHAMPIONSHIPS – 2016/7

Date: SATURDAY 26th and SUNDAY 27th NOVEMBER 2016

Place: St. Stithians, Johannesburg

Preliminary Entries: Sunday 30th October

Final Entries: Sunday 13th November

Weigh-ins: First weigh-in for Classic(Raw) : Sat 26th Nov from 08h00-09h30
First weigh-in for Equipped : Sun 27th Nov from 08h00-09h30
(Note: times for weigh-ins and extra weigh-ins to be confirmed depending on numbers of entries)
Lifting to start at 10h00

Banquet: 2pm on Sunday 27th Nov, depending on numbers interested,
Cost: R275 per person

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 and banquet numbers needed with Final Entries

Entry fees must be paid with Final Entries

Provinces must ensure that all lifters are affiliated for 2017 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: _____ Banquet tickets _____

Affiliated for 2017: _____ 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.