



2nd SA CLASSIC AND EQUIPPED BENCH PRESS CHAMPIONSHIPS 2015

Date: 7th February 2015

Province: Durban

Venue: DHS High School

Preliminary Entries: 28th December 2014

Final Entries: 18th January 2015

Time: 09:00 Lifting starts

Weigh-in: RAW: 07:00 – 08:30 Lifting starts at 09:00

Equipped: 11:00 – 12.30 Lifting starts at 13:00

Contact: Grant van der Haer 083 7964 543

Entry Fees: R500.00 per lifter (includes entry fee, T-shirt and banquet ticket). R200 extra if you compete both raw and equipped.

Additional banquet ticket: R200.00

Banquet: 19:00 at the DHS school hall, Cash bar (dress code formal; jacket and tie)

All T-shirt sizes must be in with final entries

All entries must be paid by the final entry 18th January 2015

No late entries will be accepted

Provinces must make sure that all lifter have affiliated and qualified

Banking details:

South African Powerlifting Federation

Nedbank Current Account

Account Number: 1030 629 544

Branch code: 198 765

Ref: Your Province

