

# School of Strength Qualifier 2018



*(everybody welcome – all lifters must be SAPF affiliated)*

**Date** : Saturday 24<sup>th</sup> November 2018  
**Venue** : School of Strength, 3 Adele Place, Hurlingham  
**Directions** : Turn into Republic Road from William Nicol. 1st left into Waggon Rd.  
Continue on Waggon Rd until the first stop street (T junction).  
Turn left into Adele Place. School of Strength is the third driveway on the right (panhandle).  
Park on the open field across the road.

## **Competition: Classic and Equipped, Powerlifting and Bench Press**

**Weigh-in** : 08h00

**Lifting starts**: 10h00

**Entry fee** : R400 per lifter.

Closing date for entries 21<sup>st</sup> November 2017. Entry fee after that R500.

*Payments to C Anthony, First National Bank, Acc 62032347719 Code 250017.*

*Proof of payment to Rodney - 082 898 7706. [rodanthony29@gmail.com](mailto:rodanthony29@gmail.com)*

R100 of fee towards prizes. 25% to best female, 25% to best male, 50% lucky draw.

Lifters must be SAPF affiliated to enter. Non-registered lifters must affiliate for 2019.

### **Lifter Details:**

Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Subjunior ☐ Junior ☐ Senior ☐

Weight Class: \_\_\_\_\_ Raw/Equipped: \_\_\_\_\_ M1 ☐ M2 ☐ M3 ☐ M4 ☐

Club/Coach: \_\_\_\_\_ PL/BP: \_\_\_\_\_ Male ☐ Female ☐

Cell no: \_\_\_\_\_ Email: \_\_\_\_\_

**This event is a qualifier for SA Powerlifting/Bench Press Champs 2019, raw and equipped.  
Paralympic lifters welcome – can qualify for SA Para-lifting Champs 2019.**