

Team South Africa Information

5th WOMEN'S & MEN'S OPEN, SUB/JNR, JUNIOR & MASTERS COMMONWEALTH CLASSIC & EQUIPPED POWERLIFTING, CLASSIC & EQUIPPED BENCH PRESS CHAMPIONSHIPS 2017

Potchefstroom - South Africa, 10 – 17 September 2017

Team Manager : Heather Leighton (HeatherJLeighton@gmail.com and 082 606 2634)

Head Coach : Rodney Anthony (rodanthony29@gmail.com and 082 898 7706)

Important dates:

As soon as possible	Team SA – lifters to confirm participation or not, return reply slip
12 July 2017	Preliminary entries – already done
31 July 2017	Team SA - lifters to pay competition fee into SAPF account
20 August 2017	Final Entries (with correct weight and age divisions)
20 August 2017	Last date to remove entries or cancel hotel booking
10 September 2017	Commonwealth Congress Meeting and Technical meeting
11 September 2017	Special Olympics
11-17 September 2017	Commonwealth Championships
17 September 2017	Closing Banquet

Lifter information required now:

- Completed Reply Slip
- If you have qualified in more than one age division or weight division, please specify which one you want to compete in.
- Please also let us know now if you are NOT going to participate, so that we can offer a place to a reserve lifter.
- Above info to be sent to HeatherJLeighton@gmail.com. Alternatively, you can send a picture of the completed form (as long as it is readable) to 082 606 2634.

Competition fee:

- The competition fee for one event R2500, and this includes your entry fee, doping fee and one banquet ticket. The fee for extra events is R750 per event.
- The competition fee needs to be deposited in the SAPF bank account by **31 July 2017** to secure your place in the team. A short extension to this deadline can be arranged if you contact Heather to organize. (082 606 2634)

- SAPF Banking details: Nedbank Current Account No 1030 629544, branch code 198 765
- Use CW and your surname as the reference
- Email proof of payment to Gail at gail@cgmksadmin.co.za , and Heather at HeatherJLeighton@gmail.com

National and Federation Colours:

- Subjunior, Junior and Senior lifters who achieved the qualifying standard, are selected to represent SA and who do compete in an international competition are eligible for Protea Colours.
- We will be entering a South Africa A and South Africa B team for the Raw Powerlifting events.
- We will only apply for Protea colours for the qualifying lifters (Subjunior, Junior and Open) in the A team. (Note – we can only apply for Protea colours for lifters who have a valid South African Passport.)
- Lifters who achieved the qualifying standard for Protea colours but are not offered a place in the A team for the Commonwealth Championships are encouraged to compete in the African Championships (18-21 October, in Algeria) to get their Protea colours.
- Master lifters who achieved the qualifying standard, are selected to represent SA and who do compete in an international competition are eligible for Federation (Green) Colours.
- Subjunior, Junior, Senior and Master lifters who have achieved one badge below the qualifying standard, or those selected to compete in the B team, do so under Federation (Blue) Colours.

Kit information:

- Lifting apparel: You will only be allowed to compete in IPF-approved singlets, knee sleeves, wrist wraps and belts. The rest of your kit (tshirt, shoes, socks) must adhere to IPF rules. Please ensure that you have the correct kit and check with a coach if you are not sure.
- Tracksuit: All lifters must wear the Team Tracksuit for the Opening Ceremony, and for their Medal Ceremony after their lifting session. Those who already have an SA tracksuit do not need to get another. When we are ready to order I'll ask for your sizes (Tracksuit, Golfshirt, Tshirt).
- Blazer: Team SA is encouraged to wear formal national kit (Blazer, tie/scarf, white shirt, grey trousers, black shoes) to the Closing Banquet.
- Protea ties are R150, and ladies scarves are R180. Federation ties can be ordered from Cliff Hayim at R180 each.
- The XCo catalog is available at http://xco.co.za/ecatalogue/2016_south_africa_catalogue/ in case you would like to order anything extra (togbags, shorts, etc) that can be included with our order.
- Before you order a blazer, please try on an Allwear or Oxford blazer at any school outfitter to find your size. Prices are R600-875 depending on size.
- Tracksuits and blazers can only be ordered from XCo once we have finalized the team and received authorization for National Colours from SASCOC.

Competition Invitation, Nomination lists, Schedule, Officials and Referees:

- The Commonwealth Powerlifting website contains lots of important information, including the
 - Complete Preliminary Nomination lists
 - Competition Invitation
 - Updated competition schedule
 - Officials and Referees
- It can be found here: www.commonwealthpowerlifting.com

Accommodation:

- The official competition hotels are listed on the invitation. The rule about having to stay at the official hotels applies mainly to the international teams.

Coaches:

- Coaches who wish to assist their lifters will need to be accredited, and wear Team tracksuits when coaching from the side of the platform. They should also preferably hold at least a Provincial referee certification.
- Please send coaches' details to Heather, so they can be included in the nomination list and all communications (email address and cell phone)

Team and reserves:

- We have nominated an A and B team for Raw Powerlifting. Please note that both teams will compete – the only lifters not assured of a spot yet are those marked as Reserves.
- As mentioned above, if any lifter (in the team list or the reserve list) will not be able to participate, please let us know asap.
- All lifters in the B team are reserves for the A team, should anyone not be able to compete. The selectors will consider Totals and Wilks points when making these decisions.

Whatsapp group:

- I'll be creating this as soon as I have everyone's contact details.

Selection letters:

- These will be emailed as soon as I get people's replies and email addresses.

Looking forward to a great championships – congratulations to everyone for qualifying!