

UKZN Powerlifting Competition

Open to all Staff and Students

Competition Rules

Participation Fee: R20 [Affiliation to the KZN PF and SA PF (Powerlifting Federations – this can also be used as a trial for the KZN Powerlifting Championships in November).

If you are a staff member or student of the College of Health Sciences, Professor Slotow has kindly agreed to pay for the first 25 entrants who register.

The competition will be limited to 30 entrants only due to time constraints.

To enter the competition, you need to collect Registration and Indemnity forms from the Sports Science Department at the Westville campus.



UKZN's College of Health Sciences together with the KZN Powerlifting Association

invites Staff and students to participate in the First ever Powerlifting competition.

Date
16 September 2016

Time
09h30–10h30
Weigh in for all the lifters

10h30–11h00
Warm up for the starting lifters

11h30–15h30
Competition

Venue
MH Joosub Main Hall, Westville Campus

Monday, 15 August
A representative from the KZN Powerlifting Association will run a 2-hour final preparation and advice session for the registered participants at the Sport Science Gymnasium from 15h00 – 17h00.

Prizes

There will be prizes for the best performing people in each weight category.

3 Exercises – Bench Press, Squat and Deadlift.
Each lifter has 3 attempts on each exercise to reach their maximal lift.

Your score is calculated based on your recorded weight that morning and how much you actually lift in each exercise.

Entrants Close on the 10th August 2016 so don't hesitate and enter now.

Queries can be directed to: Musawenkosi Joe Xaba
Biokinetics, Exercise and Leisure Science
Office: 1st floor room 17
031 260 8766 or xabam@ukzn.ac.za

