



ARNOLD SPORTS FESTIVAL - 27-29/05/2016

Place: SANDTON CONVENTION CENTRE-JOHANNESBURG

Preliminary entries FRIDAY 1ST APRIL 2016

Final Entries **FRIDAY 13th MAY 2016**

OPEN COMPETITION (NO AGE DIVISIONS) - ONLY ATHLETES WHO ARE NOT SUSPENDED BY SA INSTITUTE FOR DRUG FREE SPORT CAN ENTER. SOUTH AFRICAN ATHLETES WHO ARE NOT AFFILIATED WITH SA POWERLIFTING NEED TO AFFILIATE WITH THE FEDERATION BEFORE THEY CAN COMPETE

THESE COMPETITIONS ARE OPEN TO ANY INTERNATIONAL IPF AFFILIATED POWERLIFTER

<u>Weight categories - Women:</u> 43, 47 & 52 kg Light Weight 57 & 63 kg Middle Weight 72, 84 & +84 kg Heavy Weight	<u>Weight categories - Men:</u> 53, 59 & 66 kg Light Weight 74 & 83 kg Middle Weight 93 & 105 kg Heavy Weight 120 & +120 kg Super Heavy Weight
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Schedule (provisional):

- Fri 27th : Raw Powerlifting Women
- Sat 28th : Raw Powerlifting Men
- Sun 29th : Equipped Powerlifting (Men and Women)
 - Equipped Bench Press (Men and Women)
 - Raw Bench Press (Men and Women)
 - *new* Double Deadlift Challenge *new*

Weigh in at 10h00 each day. (Could be 2 weighins depending on numbers)

Lifting starts at 12h00.

Entry fee:

1. Entry fee of R1000 for one main event (Powerlifting or Bench Press) includes T-shirt and Participation medal, and allows you to compete in any other event for free.
2. Entry to the Double Deadlift Challenge free for competitors in any of the other events, otherwise R200 per person.

Contact: Hannie Smith - 082 566 3433 (hannie@lagayim.co.za), Vicki Botha - 082 447 3848

DEPOSIT ALL ENTRY FEES IN ACCOUNT OF --- JOHAN SMITH , FNB - ACC NR 62009242637 – Branch Code 250437 Please use your Name and Competition as reference.

SURNAME : _____ NAME : _____

BIRTHDATE : _____ Affiliated for 2016 : _____

Comps entered : Raw Powerlifting Double Deadlift Challenge:

Equipped Powerlifting 2xWomen with _____

Raw Bench Press 2xMen with _____

Equipped Bench Press Mixed team with _____

Weight Class : _____ Province : _____

TShirt Size : _____ Payment : _____