

2 Man ... 2 Woman ... Mixed Couple

--DOUBLE — DEADLIFT--

CHALLENGE

Saturday 23 July 2016

Venue : St Stithians HPC, 40 Peter Place, Lyme Park, Randburg
Weigh-in : 8 am
Lifting starts : 10 am
Entry fee : R300 per lifter (R600 per couple) for one event. R150 per person for extra event.
Trophies for 1st place, medals for 1st, 2nd, 3rd places for TEENS and OPEN

Entries by 20 July. R100 extra per lifter for entries on the day.

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

Proof of payment to Rodney - 082 898 7706. rodanthony29@gmail.com

Order of Competition: (Rising Bar, IPF Rules)

2 x Woman Deadlift:

- Lightweight (total bodyweight < 120kg)
- Middleweight (total bodyweight < 150kg)
- Heavyweight (total bodyweight +150kg)

2 x Man Deadlift:

- Lightweight (total bodyweight < 150kg)
- Middleweight (total bodyweight < 200kg)
- Heavyweight (total bodyweight +200kg)

Mixed Couple Deadlift:

- Lightweight (total bodyweight < 135kg)
- Middleweight (total bodyweight < 175kg)
- Heavyweight (total bodyweight +175kg)

Name : _____ Date of Birth: _____

Event	1 st event R300	2 nd event R150	Partner's name
2x Woman Deadlifts			
2x Man Deadlifts			
Mixed Couple Deadlifts			

