

# Open Deadlift Competition 2016

*(everybody welcome – lifters need not be SAPF affiliated but no banned/suspended lifters permitted)*

- Date** : Saturday 24 September 2016
- Venue** : St Stithians High Performance Centre, 40 Peter Place, Lyme Park, Randburg
- Competition** : Classic (Raw) Deadlift – no suits or wraps. Knee sleeves allowed.
- Format** : Rising bar, 2 changes allowed per attempt, rest of rules as per IPF, 3 minutes rest if you follow yourself
- Prizes** : Medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> per age group. Best lifter awards for all age groups. Gift vouchers for women who lift 200kg, or men who lift 350kg (up to 2 for women and 2 for men – to be shared if more qualify)
- Entry fee** : R400 per lifter. Entries by 20 Sept. Late entries (and entries on the day) R500 per lifter.

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)

All weight divisions and age categories (Subjunior, Junior, Senior, Master1, Master2, Master3, Master4).

- Every lifter competes as a Senior;
- Masters compete in their specific Master age group and as Seniors;
- Juniors compete as Juniors and Seniors;
- Subjuniors compete as Subjuniors, Juniors and Seniors.

Open	from the day the lifter reaches 14 years and upwards
SubJunior	from the day the lifter reaches 14 years and throughout the full calendar year in which he/she reaches 18 years
Junior	from 1 January in the calendar year the lifter reaches 19 years and throughout the full calendar year in which he/she reaches 23
Master 1	from 1 January in the calendar year the lifter reaches 40 years and throughout the full calendar year in which he/she reaches 49
Master 2	from 1 January in the calendar year the lifter reaches 50 years and throughout the full calendar year in which he/she reaches 59
Master 3	from 1 January in the calendar year the lifter reaches 60 years and throughout the full calendar year in which he/she reaches 69
Master 4	from 1 January in the calendar year the lifter reaches 70 years and upwards

**Weigh-in : 7am                      Lifting starts at 9am**

Competition Tshirts on sale for R150 – If you want to make sure you get one, you must order and pay before 20 September 2016.

## Lifter Details:

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

**Date of Birth:** \_\_\_\_\_ **Contact number:** \_\_\_\_\_

**Weight Division:** \_\_\_\_\_ **Comp Tshirt @R150?** \_\_\_\_\_ **Size:** \_\_\_\_\_

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