

2026 – SA CLASSIC POWERLIFTING CHAMPIONSHIPS

Revised Preliminary Schedule

Date	Session	Weigh-in time	Lifting time	Session details
Thu 19 March	1	07h00-08h30	09h00	Women -43kg, -47kg, -52kg, -57kg Men -53kg, -59kg (perhaps -66kg?)
	2	12h00-13h30	14h00	Men -66kg, -74kg
Fri 20 March	1	06h00-07h30	08h00	Men -83kg
	2	12h00-13h30	14h00	Women -63kg, -69kg, -76kg
Sat 21 March	1	06h00-07h30	08h00	Men -93kg
	2	11h00-12h30	13h00	Men -105kg
	3	14h00-15h30	16h00	Women -84kg, 84+kg
Sun 22 March	1	07h00-08h30	09h00	Men -120kg, 120+kg
				Best Lifter Awards

Notes:

1. The schedule is reverting to the Thu-Sun dates which were originally published on our website, because some lifters have already made travel arrangements based on those dates.
2. Session start times to be confirmed after Final numbers are in.
3. Youth lifters will be accommodated once we have final entries – they will either lift all together in one session, or separately with their respective weight divisions. To be agreed with their parents/coaches.
4. Please direct any further queries through your Provincial Exco, who will pass them through to the SAPF Exco or meet director, as appropriate.