



2023 – SA CLASSIC POWERLIFTING CHAMPIONSHIPS

Date: Thursday 30th March – Sunday 2nd April 2023
Place: Elgro Convention Centre Elgro Potchefstroom
Address: Wolmerans street Potchefstroom
Preliminary entries: Thu 10th March 2023 (All entries must be received by this date)
Final Entries: Thu 17th March 2023 (Only changes to existing entries, no new entries)

Meet Director: Hannie Smith, 082 566 3433, hannie@lagayim.co.za
Competition Secretary: Vicki Botha, 082 447 3848

Entry fee: R750 per lifter (includes entry fee, participation medal, T-shirt)
Extra cost for additional age category – R300
Cost of extra T-shirt – R150

Preliminary Schedule (subject to change once entries are in):

Date	Session	Weigh-in time	Lifting time	Session details
Wed 29 March		18h00		SAPF AGM
Thu 30 March	1	06h00-07h30	08h00	Women 43kg, 47kg, 52kg, 57kg
	2	10h00-11h30	12h00	Men 53kg, 59kg, 66kg and All Youth
	3	14h00 -15h30	16h00	Men 74kg
Fri 31 March	1	06h00-07h30	08h00	Men 83kg
	2	10h00-11h30	12h00	Women 63kg
	3	14h00-15h30	16h00	Women 69kg
Sat 1 April	1	06h00-07h30	08h00	Men 93kg
	2	11h00-12h30	13h00	Men 105kg
Sun 2 April	1	06h00-07h30	08h00	Women 76kg, 84kg, 84+kg
	2	11h00-12h30	13h00	Men 120kg, 120+kg

Medal ceremonies will be held after each session. Best Lifters will be announced after the final session.

This is the qualifying event for the SA Classic Powerlifting team for 2023 International competitions. The SA Team will be announced after the final session.

Banquet: There will not be a banquet.

Who can enter?

- Lifters need to have competed at a Provincial Championships in the age category they wish to enter for SA Championships and need to have achieved the qualifying standard for the weight category entered in the Provincial Championship, AS WELL AS the weight category they wish to enter for SA Championships (if different).
- Current SA Champions get automatic qualification into the same Age and Weight category only, to defend their title.
- All lifters must be affiliated for the current year.
- Only entries received by the Preliminary Entry date will be accepted.
- The only changes allowed in Final Entries are weight division changes, or withdrawals. No age division changes allowed with Final Entries – lifters must specify all age divisions they intend to compete in, with their Prelim Entry.

How to enter?

- For this event there is an *online entry form only* – please fill in the entry form on the SAPF website.
- Entry fees must be paid using the Payfast facility (use the link within the Online Entry Form).
- Payment must be made with Preliminary entries to secure your entry. Refunds (less admin fee) will be given to lifters who withdraw before the Final Entry date.

Records: SA National Classic Powerlifting and Bench Press records can be set at this event, as well as Provincial records.

Youth	from the year the lifter turns 10 until the day before the lifter turns 14
Open	from the day the lifter reaches 14 years and upwards
Sub-Junior	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