



# 2024 – SA CLASSIC POWERLIFTING CHAMPIONSHIPS

Date: Thursday 4 April – Sunday 7 April 2024  
Place: Elgro Hotel, Potchefstroom  
Address: Wolmarans Street, Potchefstroom  
Preliminary entries: All lifters who qualify will automatically be added to the preliminary entry list  
Final Entry date: Thursday 21 Mar 2024 (All proof of payments, withdrawals, tshirt sizes, weight division changes, platform coach info – to be submitted via online form on the website)

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

Entry fee: R800 per lifter (includes entry fee, participation medal, tshirt, live-streaming)  
Extra cost for additional age category – R300

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

Date	Session	Weigh-in time	Lifting time	Session details
Wed 3 April		18h00		SAPF AGM
Thur 4 April	1	06h00-07h30	08h00	Women -43kg, -47kg, -52kg, -57kg
	2	10h00-11h30	12h00	Men -53kg, -59kg, -66kg + Youth (all)
	3	14h00-15h30	16h00	Men -74kg
Fri 5 April	1	06h00-07h30	08h00	Men -83kg
	2	10h00-11h30	12h00	Women -63kg
	3	14h00-15h30	16h00	Women -69, -76kg
Sat 6 April	1	06h00-07h30	08h00	Men -93kg
	2	11h00-12h30	13h00	Men -105kg
Sun 7 April	1	06h00-07h30	08h00	Men -120kg, 120+kg
	2	11h00-12h30	13h00	Women -84kg, 84+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 2024 International competitions. 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 to defend their title.
- All lifters must be affiliated for the current year.
- Only lifters on the Preliminary list who have supplied all the requested information by the Final Entry date will be accepted.

### How to enter?

- For this event all lifters who qualify will automatically be added to the Preliminary Entry List.
- There is an *online Final Entry form* – please fill in all the required details on the Final Entry form on the SAPF website, and attach your proof of payment, by 21 March 2024
- Entry fees must be paid to “J Smith t/a Powerlifting Unlimited”, FNB Cheque Acc 62604351122, branch 250437 – use your name and surname as reference please.
- Payment must be made by Final Entry date to secure your entry.

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

### Age categories:

Youth	Ages 10 - 13
Open	from the year the lifter reaches 19 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

### New IPF Rule regarding Open Championships

21/2/2024

From 2024, a new IPF rule states that no Subjunior, Master 3 or Master 4 lifter may enter an Open Championships. This will apply to World Championships, as well as regional (African Championships, Asia/Pacific/Africa Championships and Commonwealth Championships).

The SAPF will still allow Subjunior, Master 3 and Master 4 lifters to enter SA National Championships in the Open age category, subject to normal qualifying criteria. You will be able to compete, win medals and claim the title of Open Champion – however, Subjunior, M3 and M4 lifters will **not be eligible for selection for the Open team** for international and regional competitions.

Anyone can still claim Open SA records based on their results at the appropriate SA Championships, regardless of age category entered, as before.

The change only affects Open team selection after SA National Championships – it does not affect any other SAPF competitions (Provincial/Club/Inter-Club/Development/Youth etc).