



# 2026 – SA CLASSIC POWERLIFTING CHAMPIONSHIPS

Date: Wednesday 18 March – Sunday 22 March 2026  
 Place: Olympic House, SASCOG  
 Address: James and Ethel Grey Park, Atholl Oaklands Road, Melrose, GAUTENG  
 Preliminary entries: All lifters who qualify will automatically be added to the preliminary entry list  
 Final Entry date: Tuesday 3 March 2026 (All proof of payments, withdrawals, tshirt sizes, weight division changes, platform coach info – to be submitted via online form on the website)

Meet Director: Rodney Anthony, 082 898 7706  
 Competition Secretary: Carol Anthony, 082 896 8176

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 18 March	1	07h00-08h30	09h00	Women -43kg, -47kg, -52kg, -57kg Men -53kg, -59kg (perhaps -66kg?)
	2	12h00-13h30	14h00	Men -66kg, -74kg
Thu 19 March	1	07h00-08h30	09h00	Men -83kg
	2	12h00-13h30	14h00	Women -63kg, 69kg
Fri 20 March	1	07h00-08h30	09h00	Men -93kg
	2	12h00-13h30	14h00	Men -105kg
Sat 21 March	1	07h00-08h30	09h00	Women -76kg, -84kg, 84+kg
	2	12h00-13h30	14h00	Men -120kg, 120+kg
Sun 22 March				Additional day if required depending on entry numbers.

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 2026 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 3 March 2026
- Entry fees must be paid to “School of Strength”, FNB Cheque account # 62901730897– 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).