



# 2026 – SA CLASSIC and EQUIPPED BENCH PRESS CHAMPIONSHIPS

Date: Saturday 21 February 2026  
 Place: Cape Recife High School, Port Elizabeth  
 Address: 58 Admiralty Way, Summerstrand, Gqeberha, 6001  
 Preliminary entries: 31 January 2026.

- No more names/entries can be added after this date.
- Those who have entered before/on this date are allowed to make changes to their **weight** category before the **final entry date** (if necessary).

Final Entries: 7 February 2026 (Only weight changes to existing entries, no new entries)

- Payment must be made before the final entry date.
- Proof of payment must be send via email.
- No weight category changes will be allowed after this date or on the day of competition.

Meet Director: Andre Ludik, 083 386 1398, AndreIceLudik@gmail.com  
 Competition Secretary: Andre Ludik, 083 386 1398

Entry fee: R800 per lifter per competition (includes entry fee, participation medal, tshirt)  
 Extra cost for additional age category – R300  
*Cost of additional tshirt – R300*

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

Date	Session	Weigh-in time	Lifting time	Session details
Sat 21 February	1	07h00-08h30	09h00	Classic Bench Press
	2	13h00-14h30	15h00	Equipped Bench Press

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 Equipped and Classic Bench Press teams 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 entries received by the Preliminary Entry date (31 Jan) will be accepted. 7 Feb is the last date to make any changes to your weight division.

How to enter?

- For this event there is an *online entry form only* – please fill in the entry form on the SAPF website.
- Banking details for your entry fee payment are specified on the online form.
- Payment must be made with your online entry to secure your entry.

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

Age categories:

Youth	Ages 10 - 13
Open	from 1 January in the calendar 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).