

SOUTH AFRICAN EQUIPPED POWERLIFTING CHAMPIONSHIPS 2025

PLEASE TAKE NOTE OF THE FOLLOWING BEFORE YOU CAN ENTER:

- All lifters **MUST** be affiliated with SAPF for the year 2025
- All lifters **MUST** complete the online ADEL course and be in possession of an up to date ADEL certificate (*International Level Athlete Certificate is recommended*)

COMPETITION DATE : 12 APRIL 2025

Prelim Closing Date : 22 March 2025

- 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: 28 March 2025

- 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.
- If you don't make weight, you will **NOT** be allowed to compete. **NO REFUNDS.**

Venue: Cape Recife High School, Summerstrand, Port Elizabeth.

Costs: All payments MUST be made BEFORE the FINAL ENTRY date.

- Entry fee: R800-00 (includes a t-shirt)
- Additional age category: + R300-00 (each)
- Extra T-shirt: + R280-00

Payment can be made to the following account:

Acc Name: EC Powerlifting

Bank: Capitec

Acc Number: 1685151815

Reference: Initial + Surname + SA EQ PL (*example: I. Maritz SA EQ PL*)

Please email the following documents ASAP. Failure to do so before the FINAL ENTRY DATE will automatically = NO ENTRY (no exceptions).

- Copy of Proof of Payment
- Email to: powerliftingeasterncape@gmail.com