



2nd ARNOLD CLASSIC AFRICA SPORTS FESTIVAL POWERLIFTING and BENCH PRESS 05-07 MAY 2017

Place: SANDTON CONVENTION CENTRE-JOHANNESBURG

Preliminary entries SUNDAY 5th March 2017

Final Entries FRIDAY 14th April 2017

OPEN COMPETITION (NO AGE DIVISIONS) - NO SUSPENDED LIFTER (IPF or SAPF) IS ALLOWED TO ENTER.

IPF RULES APPLY

SOUTH AFRICAN ATHLETES WHO ARE NOT AFFILIATED WITH SA POWERLIFTING NEED TO AFFILIATE WITH THE FEDERATION BEFORE THEY CAN COMPETE

THESE COMPETITIONS ARE OPEN TO ANY INTERNATIONAL IPF AFFILIATED POWERLIFTER

<p><u>Weight categories - Women:</u> 47 & 52 kg - Light Weight 57 & 63 kg - Middle Weight 72, 84 & +84 kg - Heavy Weight</p>	<p><u>Weight categories - Men:</u> 53, 59 & 66 kg - Light Weight 74 & 83 kg - Middle Weight 93 & 105 kg - Heavy Weight 120 & +120 kg - Super Heavy Weight</p>
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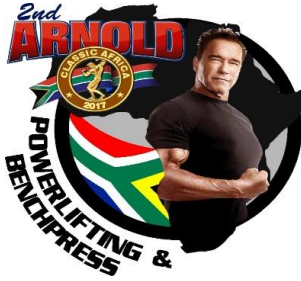
Provisional Schedule (subject to change once final entries are in):

- Fri 5th May: Weigh-In 08h00 – 09h30 Start 10h00 Session 1 – Raw Powerlifting Women
Weigh-In 13h00 – 14h30 Start 15h00 Session 2 – Raw Powerlifting Men
- Sat 6th May: Weigh-In 08h00 – 09h30 Start 10h00 Session 1 – Raw Bench Press Women
Weigh-In 10h00 – 11h30 Start 12h00 Session 2 – Raw Bench Press Men (Light/Middle)
Weigh-In 12h00 – 13h30 Start 14h00 Session 3 – Raw Bench Press Men (Heavy/Super-Heavy)
Weigh-In 14h00 – 15h30 Start 16h00 Session 4 – Equipped Bench Press Women
Weigh-In 16h00 – 17h30 Start 18h00 Session 5 – Equipped Bench Press Men (Light/Middle)
Weigh-In 18h00 – 19h30 Start 20h00 Session 6 – Equipped Bench Press Men (Heavy/Super-Heavy)
- Sun 7th May: Weigh-In 08h00 – 09h30 Start 10h00 Session 1 – Equipped Powerlifting Women
Weigh-In 11h00 – 12h30 Start 13h00 Session 2 – Equipped Powerlifting Men
Weigh-In 14h00 – 15h30 Start 16h00 Session 3 – Double Deadlift 2 Men, 2 Women, Man/Woman

BEST LIFTER AWARDS WILL BE GIVEN BY WILKS FORMULA – Ceremony after the final session

- Best Lifter Awards: Raw Powerlifting Men & Women
1. Trophy + R 6000-00 Prize money
 2. Trophy + R 4000-00 Prize Money
 3. Trophy + R 2000-00 Prize Money

- Best Lifter Awards: Raw Bench Press Men & Women
1. Trophy + R 6000-00 Prize Money
 2. Trophy + R 4000-00 Prize Money
 3. Trophy + R 2000-00 Prize Money



Best Lifter Awards: Equipped Powerlifting Men & Women 1. Trophy + R 3000-00 Prize Money
 2. Trophy + R 2000-00 Prize Money
 3. Trophy + R 1000-00 Prize Money

Best Lifter Awards: Equipped Bench Press Men & Women 1. Trophy + R 3000-00 Prize Money
 2. Trophy + R 2000-00 Prize Money
 3. Trophy + R 1000-00 Prize Money

Contact: Hannie Smith - 0825663433, Vicki Botha - 0824473848

Entry Fee for Powerlifting / Bench Press Competitions : Euro 120 for 1st Event, Euro 50 for 2nd Event
 Entry fee for Double Deadlift Competition : R600 per team

INCLUDES - Entry fee, Anti-doping fee, T-Shirt & Participation Medal and Entry to the Arnold Festival for the 3 days.

DEPOSIT ALL ENTRY FEES IN ACCOUNT OF:

JOHAN SMITH ta POWERLIFTING UNLIMITED

First National Bank

Account nr: 62604351122

Branch Code 250437

Swift Code: FIRZAJJ149 / FIRZAJJXXX

First National Bank

Shop 12

President Square

Park Street 1

FOCHVILLE 2515

Or PayPal: JSmithPowerliftingUnlimited@gmail.com

Please use your Name and Competition as reference.

SURNAME : _____ **NAME:** _____

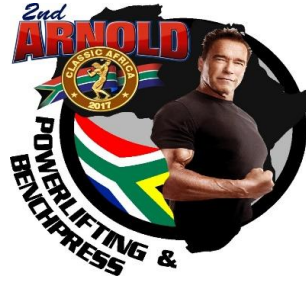
BIRTHDATE : _____ **Affiliated for 2017:** _____

Comps entered:

Raw Powerlifting	<input type="checkbox"/>	Double Deadlift	<input type="checkbox"/>
Equipped Powerlifting	<input type="checkbox"/>	Deadlift partner:	_____
Raw Bench Press	<input type="checkbox"/>		
Equipped Bench Press	<input type="checkbox"/>		

Weight Class: _____ **Province:** _____

T-shirt Size: _____ **Payment:** _____



For Accommodation Bookings:

CLAIRE MITCHELL
Sales Manager



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