

2 Man ... 2 Woman ... Mixed Couple

--DOUBLE --- DEADLIFT--

CHALLENGE

4th July 2015

Venue : St Stithians HPC, 40 Peter Place, Lyme Park, Randburg
Weigh-in : 8 am
Lifting starts : 10 am
Entry fee : R300 per lifter (R600 per couple) for one event. R150 per person for extra event.
Trophies for 1st place, medals for 1st, 2nd, 3rd places

Entries by 20 June to guarantee T-shirt. R100 extra for entries on the day, without guaranteed T-shirt.

Payments to C Anthony, First National Bank, Acc 62032347719 Code 250017.

Proof of payment to Rodney - 082 898 7706. rodanthony29@gmail.com

Order of Competition: (Rising Bar, IPF Rules)

2 x Woman Deadlift:

- Lightweight (total bodyweight < 120kg)
- Middleweight (total bodyweight < 150kg)
- Heavyweight (total bodyweight +150kg)

2 x Man Deadlift:

- Lightweight (total bodyweight < 150kg)
- Middleweight (total bodyweight < 200kg)
- Heavyweight (total bodyweight +200kg)

Mixed Couple Deadlift:

- Lightweight (total bodyweight < 135kg)
- Middleweight (total bodyweight < 175kg)
- Heavyweight (total bodyweight +175kg)

Name : _____ T-shirt Size : _____

| Event | 1 st event R300 | 2 nd event R150 | Partner's name |
|------------------------|----------------------------|----------------------------|----------------|
| 2x Woman Deadlifts | | | |
| 2x Man Deadlifts | | | |
| Mixed Couple Deadlifts | | | |

