

Open Deadlift Competition

(everybody welcome – lifters need not be SAPF affiliated but no banned/suspended lifters permitted)

Date : Saturday 26 September 2015
Venue : St Stithians High Performance Centre, 40 Peter Place, Lyme Park, Randburg
Competition : Classic (Raw) Deadlift – no suits or wraps
Format : Rising bar, 2 changes allowed per attempt, rest of rules as per IPF,
3 minutes rest if you follow yourself
Prizes : Medals for 1st, 2nd, 3rd per age group. Best lifter awards for all age groups.
Surprise gift for all lifters.
Gift vouchers for women who lift 200kg, or men who lift 350kg
(up to 2 for women and 2 for men – to be shared if more qualify)
Entry fee : R400 per lifter. Entries by 20 Sept. Late entries (and entries on the day) R500 per lifter.
Payments to C Anthony, First National Bank, Acc 62032347719 Code 250017.
Proof of payment to Rodney - 082 898 7706. rodanthony29@gmail.com

All weight divisions and age categories (Subjunior, Junior, Senior, Master1, Master2, Master3, Master4).

- Every lifter competes as a Senior;
- Masters compete in their specific Master age group and as Seniors;
- Juniors compete as Juniors and Seniors;
- Subjuniors compete as Subjuniors, Juniors and Seniors.

Open	from the day the lifter reaches 14 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

First session: All women, and Men up to 83kg: Weigh-in at 08h00, lifting starts at 10h00

Second session: Men from 93kg and upwards: Weigh-in at 12h00, lifting starts at 14h00

Competition Tshirts on sale for R150 – If you want to make sure you get one, you must order and pay before 20 September 2015.

Lifter Details:

Name: _____ **Surname:** _____
Date of Birth: _____ **Contact number:** _____
Weight _____ **Comp Tshirt** _____
Division: _____ **@R150?** _____ **Size:** _____

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