

International Powerlifting and Bench Press Events 2024

Classic Bench Press (CL BP)
Equipped Bench Press (EQ BP)
Classic Powerlifting (CL PL)
Equipped Powerlifting (EQ PL)

| Competition dates | Competition | Location | CL BP | EQ BP | CL PL | EQ PL | Age Categories | Team SA | Preliminary Entry date | Final Entry Date |
|----------------------|---|--------------------|-------|-------|-------|-------|----------------------|----------------------------|------------------------|------------------|
| 21 May-1 Jun 2024 | World Classic and Equipped Bench Press Championships | Austin, USA | Y | Y | | | All | Qualifiers | 2024/03/22 | 2024/04/30 |
| 16-23 June 2024 | World Classic Open Powerlifting Championships | Vilnius, Lithuania | | | Y | | Open | Qualifiers | 2024/04/16 | 2024/05/25 |
| 5-13 July 2024 | Asia / Pacific / Africa Classic and Equipped Powerlifting and Bench Press Championships | Potchefstroom, SA | Y | Y | Y | Y | All | Qualifiers + 1 badge below | 2024/05/09 | 2024/06/17 |
| 28 Aug - 8 Sept 2024 | World Classic and Equipped Subjunior and Junior Powerlifting Championships | Valetta, Malta | | | Y | Y | Subjunior and Junior | Qualifiers | 2024/06/29 | 2024/08/07 |
| 4-13 Oct 2024 | Commonwealth Classic and Equipped Powerlifting and Bench Press Championships | Sun City, SA | Y | Y | Y | Y | All | Qualifiers + 1 badge below | 2024/08/05 | 2024/09/13 |
| 5 -13 Oct 2024 | World Classic and Equipped Masters Powerlifting Championships 2024 | Sun City, SA | | | Y | Y | Masters | Qualifiers + 1 badge below | 2024/08/06 | 2024/09/14 |
| 25 Oct - 3 Nov 2024 | African Classic and Equipped Powerlifting and Bench Press Championships | Potchefstroom, SA | Y | Y | Y | Y | All | Qualifiers + 1 badge below | 2024/08/28 | 2024/10/06 |
| 11-17 Nov 2024 | World Equipped Open Powerlifting Championships | Iceland | | | | Y | Open | Qualifiers | 2024/09/12 | 2024/10/21 |