



2023 – SA CLASSIC and EQUIPPED BENCH PRESS CHAMPIONSHIPS

Date: Friday 6th January – Sunday 8th January 2023
Place: Elgro Hotel, Potchefstroom
Address: Wolmarans Street, Potchefstroom
Preliminary entries: 16 December 2022 (All entries must be received by this date)
Final Entries: 23 December 2022 (Only changes to existing entries, no new entries)

Meet Director: Hannie Smith, 082 566 3433, hannie@lagayim.co.za
Competition Secretary: Vicki Botha, 082 447 3848

Entry fee: R2000 per lifter - includes 1 entry fee for either Classic or Equipped Bench Press, participation medal, tshirt and special levy
Extra cost to enter both Classic + Equipped: + R750
Extra cost for each additional age category: + R300

Preliminary Schedule (subject to change once entries are in):

Date	Session	Weigh-in time	Lifting time	Session details
Fri 6 January	3 sessions	To be decided		Classic Bench: All Women Classic Bench: Men 53kg – 66kg
Sat 7 January	3 sessions	To be decided		Classic Bench: Men 74kg - 120+kg
Sun 8 January	2 sessions	To be decided		Equipped Bench : Women and Men

Medal ceremonies will be held after each session. Best Lifters will be announced (after the final session).

This is the qualifying event for the SA Equipped and Classic Bench Press teams for the

- African Classic and Equipped Bench Press Championships, Potchefstroom, 10-12 March 2023
- World Classic and Equipped Bench Press Championships, Sun City, 20-28 May 2023

SA Team qualifiers will be announced after the final session.

- The SA Classic Bench Press Team will be chosen from qualifiers from the SA Classic Bench Press Championships only.
- The SA Equipped Bench Press Team will be chosen from qualifiers from the SA Equipped Bench Press Championships only.

Banquet: There *will not* be a banquet.

Who can enter?

- Lifters need to have qualified at a 2022 Provincial Bench Press Championships.
- Current SA Bench Press champions automatically qualify in the same age and weight category
- All lifters must be affiliated for 2023.
- Only entries received by the Preliminary Entry date will be accepted.

How to enter?

- For this event there is an online entry form on www.powerliftingsa.co.za
- Deposit entry fees in account *Johan Smith Powerlifting Unlimited / FNB /Acc 62604351122 /Branch 250437* with reference *Yourname BP*
- Payment must be made and PoP uploaded with Preliminary Entries to secure your entry.
- Refunds will only be given if you withdraw prior to Final Entry date.

Records: *SA National Equipped and Classic Bench Press* records can be set at this event, as well as Provincial records.

Age categories:

Youth	Ages 10 – 13
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