

Bench Press Teams for 2023 Internationals – Important Information

In 2023, South Africa will host two international Bench Press competitions, namely the

- African Classic and Equipped Bench Press Championships, 10-12 March 2022, Potchefstroom
- World Classic and Equipped Bench Press Championships, 20-28 May 2022, Sun City

This gives our lifters across all age categories two opportunities to earn Protea/Federation colours, set international, regional, and national Bench Press records, and win international titles.

Qualifying Competition

The **only** qualifier for the Bench Teams for the 2023 internationals will be the SA Classic and Equipped Bench Press Championships, scheduled for 6-8 January 2023 in NorthWest.

In order to field the largest possible teams for the Bench Press internationals, it was decided to move the SA Classic and Equipped Bench Press Championships from the Eastern Cape to NorthWest, and to charge an additional **extraordinary fee** over and above the usual competition fee.

Date: 6-8 January 2023
Venue: Potchefstroom
Entry Fee: R2000 for one comp
+ R750 for two comps (Classic and Equipped)
+ R300 for each extra age division (eg Open and Master1)

Preliminary entry date: 16 December 2022

Final entry date: 23 December 2022

Provincial Qualifiers

All provinces need to schedule their Provincial Bench Press Championships so that lifters who qualify can enter the SA Classic and Equipped Bench Press Championships by 16 December 2022.

These provincial championships have already been scheduled:

- Gauteng Bench Press Championships: 1-2 October 2022
- Eastern Cape Bench Press Championships: 22 October 2022
- NorthWest Bench Press Championships: 10 December 2022

Remaining provinces – please provide your competition schedule as soon as possible.

Rationale behind the extraordinary levy

Having both African Bench Press and World Bench Press Championships in SA in 2023 presents a unique opportunity to our lifters. We would like to give as many lifters as possible the opportunity to qualify for the SA team. Therefore, SA Bench is being moved inland to accommodate the largest provinces. This will mean that it will cost Gauteng and NW lifters significantly less than if they had to travel to EC. At the same time, it makes the competition more expensive for coastal lifters. Therefore, for SA Bench 2023 we are including an extraordinary levy of R1250 with the standard entry fee of R750, which will be used to offset some travel costs of the other provinces. A separate reconciliation for this will be done after the event and communicated to the provinces and lifters concerned.

(Please direct any queries regarding this to admin@powerliftingsa.co.za)