

Dear All,

Please be advised that the Inter Provincial Championships will be held on the 10 August 2013:

1. Inland:

- Training Edge – Fichardt park Bloemfontein
- For Provinces: Gauteng, North West, Free State, Northern Cape and Kwa Zulu Natal
- Contact: Heinrich Janse Van Rensburg – 072 830 7178 / Email: ipfmediaofficer@gmail.com
- Entry form on Website

2. Coastal:

- Brandwag Hoërskool - Uitenhage
- For Provinces: Eastern Province and Western Province
- Anita Barnard - 082 680 8405/ Email: nikkistander@hotmail.com
- Entry Form on Website

Further to the above the Inter Provincial both Coastal and Inland is to also be utilised as a Qualifier for the Commonwealth Powerlifting Championships – December 2013 with the following criteria:

- ❖ No new lifters that have not qualified to lift at a 2013 National Championship can enter either the Inter Provincials or Qualifying for the Commonwealth Powerlifting Championships
- ❖ Lifters wanting to qualify for the Commonwealth Powerlifting Championships can qualify at the SA Inter Provincial Championships in the following categories:
 - Powerlifting both equipped and unequipped
 - Bench Press – Unequipped Only
- ❖ **The Qualifier for the Bench Press Equipped will be at the SA Bench Press Championships – 26 October 2013 in Pretoria**
- ❖ Lifters wishing to qualify need to adhere to the Qualifying Standards as attached and on the SAPF Website as at 24 July 2013
- ❖ Lifters wanting to qualify need to send their entry to Helgard Coertze: Email: helgard@oxygengym.co.za by the 01 August 2013 being:
 - Full Name:
 - Male or Female:
 - Powerlifting Equipped/unequipped or Unequipped Bench:
 - Which Age Division – E.G. Sub Junior / Junior / Senior / Master 1,2 or 3
 - Weight Category:
 - Pay an additional Entry Fee: R250.00 to:

SA Powerlifting Federation
Nedbank Current Account
Account No: 1030 629544
Reference: Name / Commonwealth
- Copy deposit to Helgard Coertze: Email: helgard@oxygengym.co.za