**PB Classic 2023**

**Saturday 6th May 2023**

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Hosted at:

 The Powerbuilding gym, 52-56 Embankment road south, Plymouth, PL4 9HY

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You must be a British Powerlifting Member.

This competition can be used as a qualifier for National events taking place later in the year, in line with the British Powerlifting Qualifying Procedure.

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**Please send completed entry forms and direct any queries to** **thepowerbuilding@gmail.com**

​First time competing?  Please do not hesitate to email or message our social media with any Qs.

**Please read the IPF rules & see the Approved Kit list. This can be found on our website.**

**Entry Fees**

£30.00 T-shirt - £10

Payment can be made via PayPal to info@swpla.co.uk or via cheque (to be addressed to SWPLA and sent to

(Emily Greenway 18 Broad Street, Chard, Somerset. TA11 6SB).

**Weigh-in Times**

**8:00am – 9:30am with a 10am lift of.**

*Please note the weigh-in times are subject to change when final entries received no later than 1.00pm 22nd April 2023.*

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| **Name** |  | **Weight Class** |  |
| **British Powerlifting Membership No.** |  | **Division** |  |
| **Address** |  | **T-shirt Size** | **(Please note to purchase a t-shirt please add an Extra £10 to your entry fee)** |
| **Classic / Equipped** |  | **E-mail Contact** |  |
| **Anticipated Openers** | **S** | **B** | **D** | **These are not set in stone until you weigh in on the day, it will just help to ensure correct warm up weight is provided.** |
| **Age Category Entered:****put a cross in the correct box** | **Sub Junior** | **Junior** | **Senior Open** | **Master 1** | **Master 2** | **Master 3** | **Master 4** |
|  |  |  |  |  |  |  |

**Nominated weight class or competition type (Classic/Equipped) cannot be changed after the closing date for entries 22nd April 2023 *- no late entries will be accepted*.**

The event will be limited on a first come first served basis.

Extra guest places for other divisions will be allocated if they are available after the closing date of the competition. A waiting list will be held on this basis, if the event becomes full before the closing date.