

SUNFEST AFRICA 2024 NATIONAL FITNESS CHALLENGE

SATURDAY 18 MAY | Day 1

Registration: 09:00 – 10:00
Competition begins: 10:30

Bronze, Silver, Gold

- **Junior Men's Fitness Challenge**
(athletes under 23 years old)
- **Junior Women's Fitness Challenge**
- **Men's Fitness Challenge**
(athletes between the age of 24 and 40)
- **Men's Fitness Challenge**
(athletes between the age of 24 and 40)
- **Women's Fitness Challenge**
(athletes between the age of 24 and 35)
- **Master Women's Fitness Challenge**
(athletes + 35 years)

SUNDAY 19 MAY | Day 2

Registration: 09:00 – 10:00
Competition begins: 10:30

Bronze, Silver, Gold

- **Couples Fitness Challenge**
- **Team Fitness Challenge** (team of 6 athletes of the same sex or mixed) Categories by execution and performance levels)

ENTRY FEES:

National Registration Fee: R500 pp / per event
Cross over Event: R500 pp
Affiliation to IFBB SA: R300 pp

CONTACT PERSON:

Lourens Smidt
+27 71 438 8413 | lourenssmidt@live.co.za

Enter online: www.ifbbsa.co.za
Click on registration link below the event poster.

