



15-16 August 2020
Toowoomba State High School Gymnasium,
Stuart Street, Mt Lofty

Session:	Weigh-in Start	Weigh-in Finish	Competition Start
Saturday 15th August			
1: U13 Modified competition Females (11)	7.30am	8.00am	8.30am
2 F40, 45, 49, 55, 59 (7)	8.00am	9.00am	10.00am
3 M49, 55, 61 (8)	10.00am	11.00am	12.00pm
4 F64 (8)	12.00pm	1.00pm	2.00pm
5 M67, 73 (10)	2.00pm	3.00pm	4.00pm
Sunday 16th August			
6: U13 Modified competition Males (7)	<i>8.00am</i>	<i>8.30am</i>	9.00am
7: F71, 76, 81, 81+ (11)	<i>8.30am</i>	<i>9.30am</i>	10.30am
8: M81 (8)	10.30am	11.30am	12.30pm
9: M89, 96, 102, 102+ (7)	12.30pm	1.30pm	2.30pm

Onsite **BASIC** Canteen – do your bit to support the
 Toowoomba Weightlifting Association

Saturday Session	Name		YOB		U15	Club	Entry total
1	Ava Nelson	F	2010	U13	x	Southside Storm	30
	Mary Dhot	F	2010	U13	x	BIMSC	30
	Grace Cooper	F	2009	U13	x	Unattached	40
	Helena Hanlon	F	2009	U13	x	Southside Storm	30
	Amelie Graham	F	2008	U13	x	Ipswich Weightlifting	50
	Olivia Coker	F	2008	U13	x	Ipswich Weightlifting	60
	Josie Munyard	F	2009	U13	x	BIMSC	30
	Lexi Seesink	F	2009	U13	x	Unattached	40
	Shanya Hempsted	F	2008	U13	x	Unattached	50
	Selina Richards	F	2008	U13	x	Saints	80
	Addison Jeffries	F	2008	U13	x	Ipswich Weightlifting	68

Session 2

Lot no.	BWT	Cat						
							Jimboomba	
40	F49	Aliyah Brightwell	F	2004	Youth	x	Barbell	77
Ex	F49	Lucy Webb	F	"2007	Youth	U15	Cougars	56
247	F49	Sophie Daley	F	2007	Youth	U15	Toowoomba	65
400	F55	Lauren Hastings	F	2004	Youth	X	Burleigh Barbell	104
104	F59	Katie Ward	F	2004	Youth	x	Milton	107
142	F59	Stefani Jenner	F	2003	Youth	x	Cougars	80
Ex	F59	Tayla Stephens	F	2005	Youth	U15	Cougars	122
206	F59	Lily Strange	F	2004	Youth	x	North Brisbane	140
301	F59	Jessica Brouff	F	2005	Youth	U15	Milton	91

Session 3

42	M49	Asher Manz	M	2007	Youth	U15	Burleigh Barbell	86
103	M55	Levi Deans	M	2006	Youth	U15	Sunshine Coast	136
227	M55	Will Chandler	M	2006	Youth	U15	Milton	91
112	M55	Levi Cobb	M	2005	Youth	U15	Cougars	95
131	M55	Will Cody	M	2003	Youth	x	Ipswich Weightlifting	120
119	M61	Joshua Strange	M	2006	Youth	U15	North Brisbane	140
123	M61	Koby Pocock	M	2006	Youth	U15	Unattached	105
53	M61	Jack Gibson	M	2004	Youth	x	BIMSC	144

Session 4

9	F64	Tori Gallegos	F	2003	Junior	x	Toowoomba	157
93	F64	Madison McDonald	F	2005	Youth	U15	Unattached	95
117	F64	Natasha Lynch	F	2006	Youth	U15	Unattached	86
159	F64	Adelaide Utz	F	2004	Youth	x	Ipswich Weightlifting	126
194	F64	Amity Salisbury	F	2003	Youth	x	Saints	104
220	F64	Katie Knight	F	2005	Youth	U15	Cougars	115
254	F64	Leela Petersen	F	2004	Youth	x	Barbell 4017	94
272	F64	Catie Strout	F	2003	Youth	x	Toowoomba	130

Session 5

19	M67	Daniel Teece	M	2005	Youth	U15	Saints	91
20	M67	Tait Stuart	M	2005	Youth	U15	Toowoomba	120
246	M67	Luke Bidgood	M	2004	Youth	x	Saints	152
95	M67	Harper Manz	M	2004	Youth	x	Burleigh Barbell	166
296	M67	Lachlan Lumb	M	2003	Youth	x	Unattached	158
14	M67	Pacee Hodge	M	2003	Youth	x	Jimboomba Barbell	125
86	M73	Leyland Hempsted	M	2006	Youth	U15	Unattached	90
153	M73	Trey Higham	M	2006	Youth	U15	Unattached	30
214	M73	Alexander Loft	M	2006	Youth	U15	Cougars	100
213	M73	Jordan O'Dell	M	2004	Youth	x	BIMSC	125

Sunday Session 6

		Lawson Solofa	M	2013	U13	x	Ipswich Weightlifting	40
		CONNOR DENNIS	M	2011	U13	x	Milton	30
		Atticus Manz	M	2010	U13	x	Burleigh Barbell	33
		Brock Miller	M	2010	U13	x	Unattached	30
		Zaine Robinson	M	2009	U13	x	Unattached	35
		Nate Thorley	M	2008	U13	x	Ipswich Weightlifting	50
		Tristan Higham	M	2007	U13	x	Unattached	30

Session 7

136	F71	Alana Castle	F	2007	Youth	U15	Unattached	88
70	F71	Cleo O'Dell	F	2007	Youth	U15	BIMSC	50
12	F71	Jacinta Sherwell	F	2006	Youth	U15	Olypower	111
138	F71	Adriarne Cracknell	F	2004	Youth	x	Ipswich	107
130	F71	Rialey Baty	F	2004	Youth	x	Magnetic	105
78	F71	Maddison Power	F	2003	Youth	x	Burleigh Barbell	165
45	F76	Jessica Rowe	F	2005	Youth	U15	Toowoomba	99
132	F76	Mackenzie Baty	F	2004	Youth	x	Magnetic	105
140	F76	Te Koria Watene	F	2004	Youth	x	Ipswich Weightlifting	129
23	F81+	Cayle Johnson	F	2004	Youth	x	Cougars	120
216	F81+	Hayley Dingle	F	2004	Youth	x	Ipswich Weightlifting	140

Session**8**

243	M81	Kyle Munyard	M	2006	Youth	U15	BIMSC	126
286	M81	Lewis Symonds	M	2005	Youth	U15	Unattached	160
97	M81	Dylan Keeley	M	2005	Youth	U15	Unattached	74.9
161	M81	Lachlan Little	M	2005	Youth	U15	Cougars	98
							Jimboomba	
259	M81	Joshua Reynolds	M	2004	Youth	x	Barbell	162
157	M81	Taj Marsh	M	2004	Youth	x	Unattached	209
Ex	M81	Sylvan Richardson	M	2004	Youth	x	Bounce	187
192	M81	Josh Sargeant	M	2004	Youth	x	Cougars	220
Ex	M81	Max Toller	M	2003	Youth	x	Dungeon Barbell	204
76	M81	Kaia Davis	M	"2004	Youth	x	Unattached	198

Session**9**

81	M89	Archie Hohn	M	2004	Youth	x	Cougars	90
31	M89	Henry Bourne	M	2003	Youth	x	Saints	155
204	M96	Angus Loft	M	2003	Youth	x	Cougars	140
32	M102	Matthew Barrett	M	2003	Youth	x	Sunshine Coast	152
		Joseph Haira-Te						
293	M102+	Maari	M	2005	Youth	U15	Magnetic	150
							Ipswich	
292	M102+	Tashaun Solofa	M	2005	Youth	U15	Weightlifting	152
							Ipswich	
121	M102+	Robbie Walton	M	2004	Youth	x	Weightlifting	160
Ex	M102+	Angus Ward	M	2003	Exempt	x	Milton	223

COMPETITION INFORMATION

CHANGES TO THE BODYWEIGHT CATEGORY: (Not required for those competing in the U13 modified competition.)

Need to be lodged by 12.00pm Thursday 13th August 2020 via email: gwa@gwa.org or text: 0438 031 377.

All competitors are expected to volunteer for a least one session during the competition program - or organise for a family member or friend to do this for them. The Sign-up Schedule link information will be circulated later this week.

To comply with COVID Safe Contact Tracing requirements we will be using a ticketing system to enable us to monitor numbers as per Government requirements. This relates in particular to spectators. We will be calculating our baseline numbers (athletes, coaches, Technical Officials and Volunteers) and the balance of numbers will ascertain spectator attendance numbers. This may mean that you will be unable to spend the time between your weigh-in and the start of your competition in the venue, unless you arrange to have a ticket to cover this period; or you may not be able to watch your family member or friend lift unless you arrange to have a ticket. Further information about this process will be released next week.

We appreciate your assistance and cooperation in meeting these requirements.

Remember:

**You will be required to supply your name and contact details to enter the venue.
Please wash your hands or use hand sanitizer; and do not attend if you are unwell or currently isolating.**

Minimum Competition uniform requirements:

- Close-fitting pants (shorts/bike pants) and a close fitting t-shirt that does not cover the elbows.

COMPETITORS MAY ALSO WEAR:

- A collarless T shirt under a one piece lifting suit
- Close-fitting pants under a one-piece lifting suit
- A full body, one-piece unitard under a one-piece lifting suit
- The top of a unitard that covers the elbows under a one-piece lifting suit / or just the bottoms on their own under a one-piece lifting suit

COMPETITORS CAN NOT WEAR:

- Loose fitting clothing
- Anything that covers the elbows (apart from a unitard)
- Shirts with collars
- Any clothing that displays words, slogans, or images **other than** brand trademarks and/or weightlifting club / team names or logos
- Lifting belts wider than 120mm

PHOTO ID MUST BE PRESENTED AT WEIGH-IN

For those that do not have a passport or photo ID student card, you will need to copy and show your birth certificate, together with a current photo to a JP, for signed verification. This document will then be able to be used as ID at weigh-in for this competition and also for National Championships.

MINIMUM WEIGHT:

The minimum weight that can be attempted at QWA State Championships is 15kg. Rules for the modified Under 13 competition can be found below.

AWARDS:

Medals for 1st, 2nd & 3rd place in all bodyweight categories in both U15 and U17 age groups

Best lifter trophies: Best U15 Female; Best U15 Male lifter; Best U17 Female lifter; Best U17 Male lifter. (calculated using Sinclair)

U13 Modified competition Participation medals for all competitors and Best lifter trophies for Best U13 Male and Best U13 Female calculated using Sinclair points

Do that little bit extra to prepare for your competition experience. Log into your QWA account and select the "Online referee training" option. Its free of charge and will give you a great idea of what the referees will be looking for. No minimum age requirement.

AWF Competition Regulations for Participants Under the Age of 13 Years

Effective 1 July 2020

The Australian Weightlifting Federation (AWF) prescribes the following modified competition regulations to promote safe and enjoyable participation in weightlifting for children who are aged 12 and under at 31 December in the current calendar year (“Child Participants”). These modified regulations apply to weightlifting competitions conducted by the AWF, AWF State Members and affiliated Weightlifting Clubs.

The AWF, AWF State Members, affiliated Weightlifting Clubs, and individual members of any of the above who contribute to the organisation and/or delivery of weightlifting competitions have an obligation to take all reasonable precautions to avoid the risk of injury to participants, especially children.

Regulations for Open Competitions and all Championships (including U15 and School Championships)

Modified Rules

Child Participants must not participate in the same competition sessions as older participants.

Exclusive sessions must be conducted for Child Participants only. These sessions **may** be adjudicated by one Referee.

Child Participants must always be supervised and instructed by an accredited AWF Licenced Weightlifting Coach while engaged in weightlifting activities, including competitions.

Child Participants must wear clothing that is age appropriate, i.e. not too revealing or suggestive. For example, a T-shirt or singlet that completely covers the torso, and sport shorts, would be an acceptable outfit. They are not required to wear a one-piece weightlifting costume but may do so if they choose. They must wear closed-in shoes that provide protection, grip and stability.

Modified barbells, e.g. aluminium bars, plastic discs, plastic collars, etc., may be used by Child

Participants in competition.

There are no Bodyweight Categories and no Records for Child Participants. Children are encouraged to participate in weightlifting for their enjoyment, and to develop and practice skills. Child Participants are weighed for the purpose of consistency in results management.

Weigh-in Procedure for Child Participants

- The weigh-in commences one hour before the start of the competition session and lasts for 30 minutes.
- The weigh-in is conducted in an open area, or in a room which is open to public view, i.e. the door must remain open when there is a child in the room.
- Child Participants may remove their shoes and socks, but otherwise they remain clothed and are weighed in the presence of two adults.
- It is strongly recommended that the child’s parent/guardian be present at the weigh-in whenever possible.

Results

While the focus of the participation of children should be on enjoyment and learning, it is still useful

to record results for their own interest and to track their progress. The results of Child Participant sessions should be uploaded to the AWF website along with all other competition sessions. The AWF results system will separate the Child Participants' sessions from the main competition, in the presentation of results on the AWF website.