

QWA 2024 EVENTS CALENDAR

Month	Date	Event	City	Nat/State	Qualifying Period	Entries Close	Minimum Standard
February	3-4	Club Challenge Round 1	Athletica; Barbell 4017; Berserker; Bribie Island; Body Express; Burleigh Barbell; Cougars; Dungeon; Dux; Fraser Coast; Ipswich; Jimboomba; Milton; Noosa Barbell; NBWA; Saints; Southside Storm; Southside Weightlifting; STWC; SCWC; Thunder; TWA; WWC		Nil	28/1/2024	Nil
February	20	Tri-Nations Masters Tournament	Auckland	NZL	5 May 2023 – 5 Nov 2023	EOI by 6 Nov 2023	N/A
February	23 – 25	Oceania Senior, Junior & Youth Championships	Auckland	NZL	5 May 2023 – 5 Nov 2023	Prelim: 23 Nov 2023 Final: TBC	Senior International Junior International Youth International
March	9	TWA Club Comp	Toowoomba		Nil	3/3/2024	Nil
March	22,23-24	QWA School Age Championships	Nambour + NQ Hub		Nil	3 March 2024	Nil
March	30	Berserker Club comp	Mackay		Nil	23/3/2024	Nil
March	Sunday 31	Body Express Barbell Club/Southside Storm Challenge	Helensvale		Nil	24 March 2024	nil
March	31 Mar – 11 Apr	IWF World Cup	Phuket	THA	TBC	Prelim: 31 Dec 2023 Final: TBC	N/A
April	13-14	QWA Junior & U23 Championships	TBA		13/4/2023-24/3/2024	24 March 2024	Junior & U23 State
May	3,4-5	State Masters in conjunction with NQ Games NQ Open	Cairns		State Masters 1/4/2023 – 31/3/2024 NQ Games Nil	31/3/2024	State Masters - Participation in an AWF sanctioned event. NQ Games - Nil
May	11	DK Duo (Cougars)	TBA		Nil	5/5/2024	Nil

May	31 May – 2 Jun	AWF Junior & Under 23 Championships	TBA		13 Oct 2023 – 14 Apr 2024	19 Apr	U23 National Junior National
May	22 – 26	Youth World Championships	Lima	PER	11/8/2023-4/2/2024	Prelim: 22 Feb Final: TBC	Youth Elite
May	25	Burleigh Barbell Club Competition	Burleigh West		Nil	19/5/2024	Nil
June	1	Fraser Coast Club Comp	Pialba		Nil	26/5/2024	Nil
June	8-9	Club Challenge Round 2	Athletica; Barbell 4017; Berserker; Bribie Island; Body Express; Burleigh Barbell; Cougars; Dungeon; Dux; Fraser Coast; Ipswich; Jimboomba; Milton; Noosa Barbell; NBWA; Saints; Southside Storm; Southside Weightlifting; STWC; SCWC; Thunder; TWA; WWC		Nil	2/6/2024	Nil
June	20 – 23	AWF Masters Championships OWF Masters Championships UMWF World Cup	Gold Coast	QLD	3/11/2023 – 5/5/2024	12 May	Participation in an AWF-sanctioned event
July	12, 13, 14	QWA State Senior Championships	TBA		12/7/2023-23/6/2024	23/6/2024	Senior State
July	26 Jul – 11 Aug	Paris 2024 Olympic Games	Paris	FRA	N/A	8 Jul	IWF Qualification System
August	3	SCWC Team Challenge	Nambour		Nil	27/7/2024	Nil
August	24,25-26	State U13/U15/Youth Championships	TBA		4/8/2023-4/8/2024	4/8/2024	U13/U15 - nil Youth State
August	30 Aug – 1 Sep	AWF Senior Championships	TBA		12 Jan – 14 Jul	19 Jul	Senior National
September	7	WWC Club Competition	Proserpine		Nil	1/9/2024	Nil
September	7	Cougars Club competition	TBA		Nil	1/9/2024	Nil
September	7	Saints Club Competition	Miles		Nil	1/9/2024	Nil

September	14	Berserker Club competition	Mackay		Nil	8/9/2024	Nil
September	17 – 21	Commonwealth Senior, Junior & Youth Championships	Suva	FIJ	1/12/2023-2/6/2024	Prelim: 17 Jun Final: TBC	Senior International Junior International Youth International
September	Sunday 22	Body Express Barbell Club/Southside Storm Challenge	Meadowbrook		Nil	15/9/2024	nil
September	22 – TBC	UMWA Masters World Championships	Suva	FIJ	N/A	TBC	UMWA Qualifying System
September	19 – 27	Junior World Championships	Leon	ESP	1/12/2023-2/6/2024	Prelim: 19 Jun Final: TBC	Junior Elite
September	5 – 14	IMWA Masters World Championships	Rovaniemi	FIN	TBC	TBC	IMWA Qualification System
October	11 – 13	Australian Youth & Under 15 Championships	TBA		23 Feb – 25 Aug	30 Aug	Youth National U15 Participation
November	2-3	Club Challenge Round 3	Athletica; Barbell 4017; Berserker; Bribie Island; Body Express; Burleigh Barbell; Cougars; Dungeon; Dux; Fraser Coast; Ipswich; Jimboomba; Milton; Noosa Barbell; NBWA; Saints; Southside Storm; Southside Weightlifting; STWC; SCWC; Thunder; TWA; WWC		Nil	27/10/2024	Nil
Nov / Dec	TBC	IWF World Championships	Manama	BRN	23/6/2023-24/9/2024	TBC	Senior Elite
December	7	Saints Xmas Comp	Miles		Nil	1/12/2024	Nil
December	7	Cougars Cup	TBA		Nil	1/12/2024	Nil
December	7	The Lawrie (NBWA)	TBA		Nil	1/12/2024	Nil
December	7	Milton Weightlifting Xmas comp	Bowen Hills		Nil	1/12/2024	Nil

December	7	WWC Xmas Comp	Proserpine		Nil	1/12/2024	Nil
December	7	TWA Xmas comp	Toowoomba		Nil	1/12/2024	Nil
December	14	Burleigh Barbell Xmas competition	Burleigh West		Nil	8/12/2024	Nil
December	14	Bob Henderson Shield	Nambour		Nil	8/12/2024	Members only
December	14	TBC Club comp	Townsville		Nil	8/12/2024	Nil
December	21	Stay True Weightlifting Club Xmas competition	Gympie		Nil	15/12/2024	Nil

Dates and locations are subject to change. Entries for QWA events must be uploaded to the QWA online entry system by midnight AEST on the entry closing date.

National & State Grading and Qualifying Totals - Men

GRADE	49*	55	61	67	73	81	89	96	102	+102*	109	+109
Senior Elite	-	225	250	270	290	310	330	345	360	-	370	380
Junior Elite	-	210	230	250	270	285	300	310	320	-	330	340
Youth Elite	150	165	190	210	225	240	250	260	270	280	-	-
Senior International	-	210	235	255	275	295	315	330	340	-	350	360
Junior International	-	190	210	230	250	265	280	295	305	-	315	325
Youth International	135	150	170	190	205	220	230	240	250	260	-	-
Senior National	-	180	205	220	245	260	270	275	280	-	285	290
Under 23 National	-	170	192	210	232	250	260	267	272	-	277	282
Junior National	-	160	180	200	220	240	250	260	265	-	270	275
Youth National	120	140	160	180	190	200	205	210	215	220	-	-
Senior State (Q)		138	149	158	167	176	184	190	194	204	199	214
Junior & U23 State (Q)		125	135	144	152	160	168	173	177	185	181	195
Youth State (Q)	101	113	122	130	136	144	150	155	159	167	162	175

* The 49kg and +102kg categories and Totals apply to Youth events only.

National & State Grading and Qualifying Totals - Women

GRADE	40*	45	49	55	59	64	71	76	81	+81*	87	+87
Senior Elite	-	135	160	180	200	215	225	232	240	-	245	255
Junior Elite	-	130	145	160	175	190	200	205	210	-	215	220
Youth Elite	110	120	130	145	155	165	175	180	185	190	-	-
Senior International	-	115	135	155	170	180	190	200	210	-	220	230
Junior International	-	115	130	140	150	160	170	177	185	-	192	200
Youth International	95	100	110	120	130	140	150	160	170	180	-	-
Senior National	-	100	120	135	150	165	175	180	185	-	190	195
Under 23 National	-	95	110	127	142	157	167	172	177	-	182	187
Junior National	-	90	100	120	135	150	160	165	170	-	175	180
Youth National	75	80	90	105	120	135	145	150	155	160	-	-
Senior State (Q)	-	88	95	104	109	115	122	126	130	136	133	142
Junior & U23 State (Q)	-	80	87	95	100	105	111	115	118	123	121	128
Youth State (Q)	68	72	77	85	89	94	100	103	106	111	109	115

* The 40kg and +81kg categories and Totals apply to Youth events only.