



2024 QWA School Age Championships

23-24 MARCH
SCWC, Nambour



COMPETITION INFORMATION

The competition is open all school aged athletes (U18) even if the athlete is no longer attending school.

CHANGES TO BODYWEIGHT CATEGORY

By 12 midday Wednesday 20th March via email to gwa@qwa.org OR text 0438 031 377
Bodyweight category nominations for U13's are not required.

COMPETITION SCHEDULE

SESSION	WEIGH-IN	START
DAY 1 SATURDAY		
Session 1 – U13 (8)	8.00-8.30am	9.00am
Session 2 – F40,45,49,55 (8)	9.00-10.00am	11.00am
Session 3 – F59, 64 (10)	11.00-12.00pm	1.00pm
Session 4 – M49,55,61,73 (12)	1.00-2.00pm	3.00pm
Session 5 – F71 (7)	3.00-4.00pm	5.00pm
DAY 2 SUNDAY		
Session 6 – M81,89,96,102,102+ (11)	8.00-9.00am	10.00am
Session 7 – F76,81,81+ (7)	10.00-11.00am	12.00pm

UNIFORM REQUIREMENTS

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 one-piece lifting suit
- 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

WEIGH IN REQUIREMENTS

PHOTO ID MUST BE PRESENTED AT WEIGH-IN – Not required for those in the U13 Event

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 for future events. Tip – store a photo of your ID in your phone.

WEIGH-IN PROCEDURE REMINDER

Athletes must weigh-in in either a lifting suit or the outfit that they are competing in.

TCRR Regulation to 6.4 / Weigh-In

10. Athletes must be weighed in their weightlifting costume. Athletes must not wear shoes or socks or any other footwear during the weigh-in. If an athlete is over their officially entered bodyweight category, 250 grams can be deducted from the weight shown on the scales to allow for the weight of the Costume. If the athlete is within their officially entered bodyweight category the weight on the scales will be recorded as shown.

Please note the following clarification:

All athletes must be weighed in their lifting attire. If an athlete weighs over the limit of the bodyweight category in which they are entered, UP TO 250g can be deducted from the weight shown on the scales to record the athlete's competition weight as being equal to the bodyweight category's maximum limit, enabling the athlete to compete within the category.

Example for the 81kg category:

Weight shown on the scales	Athlete's weight recorded
80.95	80.95
81.00	81.00
81.05	81.00
81.10	81.00
81.15	81.00
81.20	81.00
81.25	81.00
81.251+	Did not make weight for 81kg category

If the weight shown on the scales is more than 250g over the category limit, the athlete can try to reduce their weight and return to the weigh-in within the allocated time, as usual.

If the weight shown on the scale is more than 250g over the category limit at the end of the weigh-in, the athlete will be able to list as a guest for the purposes of this school-age competition.

MINIMUM WEIGHT

The minimum weight that can be attempted at this event is 5kg.

AWARDS

Participation medals for all U13 entrants.

Medals for 1st, 2nd & 3rd place in all bodyweight categories in both U15 and U18 age groups

Best lifter trophies: Best U13 Female; Best U13 Male lifter; U15 Female; Best U15 Male lifter
Best U18 Female lifter; Best U18 Male lifter. (Calculated using Sinclair)

VOLUNTEERING

The work that our volunteers perform at competitions allows us to keep our competition entry fees low.

All competitors are expected to volunteer for a least one session during the competition program - or organise for a family member, friend, or fellow club member to do this for them. The Volunteer Schedule link information will be circulated in the following few days. Coaches, please ensure your athletes are signing up to Volunteer.

AWF COMPETITION REGULATIONS FOR PARTICIPANTS UNDER 13 YEARS

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 Licensed
- 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.

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 will 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 website. Note that only results by those aged over 10yrs of age will appear on the AWF website.

PRELIMINARY START LIST

SATURDAY

SESSION 1: Weigh-in 8-8.30am, Start 9am

	Hendrix	Dyke	2015	U13	X	Bribie Island	30
	Olive	Harvey	2012	U13	X	Barbell 4017	30
	Kenzie	Friend	2013	U13	X	Sunshine Coast	30
	Jaxson	Daniels	2016	U13	X	Sunshine Coast	30
	Max	Mingin	2012	U13	X	Burleigh Barbell	74
	Summer	McCarthy	2012	U13	X	Sunshine Coast	30
	Josephine	Elmore	2015	U13	X	None	45
	Tatiana	Nicholls	2013	U13	X	Barbell 4017	45

SESSION 2: Weigh-in 9-10am, Start 11am

				U15	U18		
F40	Chloe	Noble	2011	✓	✓	Ipswich Weightlifting	35
F40	Poppy	Forrest	2009	✓	✓	None	88
F49	Alexis	Smith	2011	✓	✓	Bundaberg	68
F55	Milan	Faraimo	2011	✓	✓	Southside	85
F55	Summa	Salisbury	2011	✓	✓	Saints	30
F55	Mahalia	Davidson	2009	✓	✓	Bribie Island	74
F55	Emma	Corin	2011	✓	✓	Barbell 4017	40
F55	Heidi	Smith	2009	✓	✓	Sunshine Coast	94

SESSION 3: Weigh-in 11-12pm, Start 1pm

F59	Amber	Brown	2007	X	✓	Stay True	80
F59	Georgia	Sadler	2008	X	✓	Milton	130
F59	Annabelle	Morgan	2009	✓	✓	Stay True	90
F64	Finity	Lealofi	2006	X	✓	Southside	95
F64	Mia	Slaughter	2011	✓	✓	Sunshine Coast	45
F64	Charli	Baker	2008	X	✓	Fraser Coast	70
F64	Yasmin	Aziz	2008	X	✓	Milton	140
F64	Chloe	Saliba	2006	X	✓	Sunshine Coast	170
F64	Holly	Souter	2008	X	✓	Toowoomba	120
F64	Ellie	Tuluauau	2008	X	✓	Ipswich	114

SESSION 4: Weigh-in 1-2pm, Start 3pm

M49	Jonah	Honeywood	2010	✓	✓	North Brisbane	86
M49	Atticus	Manz	2010	✓	✓	Burleigh Barbell	120
M55	Devontae lee	Leasi	2011	✓	✓	Southside	40
M61	Tyson	Eaborn	2009	✓	✓	Cougars	113
M61	Tom	Edwards	2007	X	✓	Burleigh Barbell	170

M61	Sam	Roa	2007	X	√	Burleigh Barbell	55
M67	Levi	Deans	2006	X	√	Sunshine Coast	196
M67	Cooper	Lydement	2007	X	√	Barbell 4017	160
M73	Marq Jr	Lealofi	2008	X	√	Southside	103
M73	Chan	Kim	2007	X	√	Milton	120
M73	Maurice	Faraimo	2008	X	√	Southside	103
M73	Samuel	Honeywood	2008	X	√	North Brisbane	182
M73	Jesse	Saliba	2009	√	√	Sunshine Coast	156

SESSION 5: Weigh-in 3-4pm, Starts 5pm

F71	Chloe	Dolley	2010	√	√	Toowoomba	80
F71	Ella	McIntyre	2006	X	√	None	173
F71	Lily	Hayes	2008	X	√	Ipswich	100
F71	Kaiya Ngahina	Marsh	2006	X	√	Noosa Barbell	147
F71	Sadie	Hayman	2010	√	√	Cougars	52
F71	Harper	Talbot	2008	X	√	Cougars	130

SUNDAY

SESSION 6: Weigh-in 8-9am, Start 10am

M81	Amalachi	Smith	2010	√	√	Ipswich Weightlifting	85
M81	Cooper	Ward	2009	√	√	Noosa Barbell	145
M81	Klay	Dowd	2007	X	√	Noosa Barbell	120
M81	Damian	Saunders	2009	√	√	None	100
M81	Levi	Davidson	2008	X	√	Bribie Island	179
M81	Harry	Seaton	2010	√	√	Toowoomba	101
M89	Matthew	Traves	2009	√	√	Burleigh Barbell	30
M89	Fraser	Keeton	2006	X	√	Barbell 4017	120
M89	Connor	Hopgood	2008	X	√	North Gold Coast	156
M89	Jack	Lafferty	2006	X	√	Noosa Barbell	250
M96	Seth	Landrigan	2011	√	√	Fraser Coast	50
SESSION 7: Weigh-in 10-11am, Start 12pm							
F76	Jasmine	Nicholls	2007	X	√	Barbell 4017	128
F76	Eva	Acason	2011	√	√	None	68
F76	Nylah	Goble-Lote	2009	√	√	North Gold Coast	148
F76	Lillian	Nicholls	2008	X	√	Fraser Coast	48
F81	Milla	Shepherd	2008	X	√	Saints	90
F81	Alana	Castle	2007	X	√	Burleigh Barbell	146
F81	Lilliana	Kendall	2006	X	√	Stay True	120
F81+	Abbey	Hancock	2006	X	√	Ipswich Weightlifting	123

