



2024 QWA School Age Championships

23-24 MARCH
SCWC, Nambour



22 Crusner Park, Drive Nambour.

Sausage sizzle lunch both days and cake stall am/pm. Service station & Café 5 mins walk from venue (busy main road)

QWA Pop-up shop. Gold coin donation for Queensland Bear.

COMPETITION INFORMATION

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

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 (7)	9.00-10.00am	11.00am
Session 3 – F59, 64 (9)	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+ (10)	8.00-9.00am	10.00am
Session 7 – F76,81,81+ (8)	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
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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 – THAT IS ATHLETES 12 AND UNDER IN 2024

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.

SATURDAY

Session

1	Weigh-in 8.00-8.30am			Start 9.00am					
17	Hendrix	Dyke	M	2015	U13	X	Bribie Island	30	
58	Olive	Harvey	F	2012	U13	X	Barbell 4017	30	
92	Kenzie	Friend	F	2013	U13	X	Sunshine Coast	30	
98	Jaxson	Daniels	M	2016	U13	X	Sunshine Coast	30	
132	Max	Mingin	M	2012	U13	X	Burleigh Barbell	74	

162	Summer	McCarthy	F	2012	U13	X	Sunshine Coast	30	
230	Josephine	Elmore	F	2015	U13	X	None	45	
291	Tatiana	Nicholls	F	2013	U13	X	Barbell 4017	45	
Session 2	Weigh-in 9.00-10.00am			Start 11.00am					
					U15	U18			
216	F40	Poppy	Forrest	F	2009	u15	√	None	88
23	F49	Chloe	Noble	F	2011	U15	√	Ipswich Weightlifting	35
275	F49	Alexis	Smith	F	2011	u15	√	Bundaberg	68
72	F55	Summa	Salisbury	F	2011	U15	√	Saints	30
208	F55	Mahalia	Davidson	F	2009	u15	√	Bribie Island	74
209	F55	Emma	Corin	F	2011	u15	√	Barbell 4017	40
267	F55	Heidi	Smith	F	2009	u15	√	SCWC	94
Session 3	Weigh-in 11.00-12.00pm			Start 1.00pm					
69	F59	Milan	Faraimo	F	2011	u15	√	Southside	85
149	F59	Georgia	Sadler	F	2008	X	√	Milton	130
248	F59	Annabelle	Morgan	F	2009	u15	√	Stay True	90
42	F64	Amber	Brown	F	2007	X	√	Stay True	80
53	F64	Finity	Lealofi	F	2006	X	√	Southside	95
103	F64	Mia	Slaughter	F	2011	u15	√	Sunshine Coast	45
112	F64	Charli	Baker	F	2008	X	√	Fraser Coast	70
131	F64	Holly	Souter	F	2008	X	√	Toowoomba	120
227	F64	Ellie	Tuluauau	F	2008	X	√	Ipswich	114

Session**4****Weigh-in 1.00-2.00pm****Start 3.00pm**

76	M49	Jonah	Honeywood	M	2010	u15	✓	North Brisbane	86
271	M49	Atticus	Manz	M	2010	u15	✓	Burleigh	120
81	M55	Devontae lee	Leasi	M	2011	u15	✓	Southside	40
	M55	Sam	Roa	M	2007	X	✓	Burleigh Barbell	55
31	M61	Tyson	Eaborn	M	2009	u15	✓	Cougars	113
32	M67	Levi	Deans	M	2006	X	✓	Sunshine Coast	196
204	M67	Cooper	Lydement	M	2007	X	✓	Barbell 4017	160
121	M73	Marq Jr	Lealofi	M	2008	X	✓	Southside	103
177	M73	Chan	Kim	M	2007	X	✓	Milton	120
215	M73	Maurice	Faraimo	M	2008	X	✓	Southside	103
292	M73	Samuel	Honeywood	M	2008	X	✓	NBWA	182
293	M73	Jesse	Saliba	M	2009	u15	✓	SCWC	156

Session**5****Weigh-in 3.00-4.00pm****Start 5.00pm**

14	F71	Chloe	Dolley	F	2010	U15	✓	Toowoomba	80
86	F71	Ella	McIntyre	F	2006	X	✓	None	173
95	F71	Lily	Hayes	F	2008	X	✓	Ipswich Weightlifting	100
123	F64	Chloe	Saliba	F	2006	X	✓	SCWC	170
153	F71	Kaiya Ngahina	Marsh	F	2006	X	✓	Barbell 4017	147
246	F71	Sadie	Hayman	F	2010	u15	✓	Cougars	52
296	F71	Harper	Talbot	F	2008	X	✓	Cougars	100

SUNDAY										
Session					Start					
6	Weigh-in 8.00-9.00AM				10.00AM					
40	M81	Amalachi	Smith	M	2010	u15	√	Ipswich Weightlifting	85	
104	M81	Cooper	Ward	M	2009	u15	√	Noosa Barbell	145	
142	M81	Klay	Dowd	M	2007	X	√	Noosa Barbell	120	
206	M81	Levi	Davidson	M	2008	X	√	Bribie Island	179	
301	M81	Harry	Seaton	M	2010	u15	√	Toowoomba	101	
39	M89	Matthew	Traves	M	2009	u15	√	Burleigh Barbell	30	
93	M89	Fraser	Keeton	M	2006	X	√	Barbell 4017	120	
117	M89	Connor	Hopgood	M	2008	X	√	North Gold Coast	156	
220	M89	Jack	Lafferty	M	2006	X	√	Noosa Barbell	250	
254	M96	Seth	Landrigan	M	2011	u15	√	Fraser Coast	50	
7	Weigh-in 10.00-11.00AM				12.00PM					
20	F76	Jasmine	Nicholls	F	2007	X	√	Barbell 4017	128	
213	F76	Eva	Acason	F	2011	u15	√	None	68	
243	F76	Nylah	Goble-Lote	F	2009	u15	√	North Gold Coast	148	
286	F76	Lillian	Nicholls	F	2008	X	√	Fraser Coast	48	
97	F81	Milla	Shepherd	F	2008	X	√	Saints	90	
161	F81	Alana	Castle	F	2007	X	√	Burleigh Barbell	146	
259	F81	Lilliana	Kendall	F	2006	X	√	Stay True	120	
157	F81+	Abbey	Hancock	F	2006	X	√	Ipswich Weightlifting	123	

Day 1 – 23 March Saturday	<u>SESSION 1</u> 9.00-11.00am	<u>SESSION 2</u> 11.00-1.00pm	<u>SESSION 3</u> 1.00-3.00pm	<u>SESSION 4</u> 3.00-5.00pm	<u>SESSION 5</u> 5.00-6.30pm	Spares
Category	U13	F40, 45, 49, 55	F59, 64	M49, 55, 61, 73	F71	
First Aid	Peter Lynskey					
Weigh-In	8.00-8.30am Dale Donaghue/Tise Aaifou	9.00-10.00am Lesley Moyle/Tanya Harden	11.00-12.00pm Julie Davis	1.00-2.00pm Scott Mark	3.00-4.00pm	
Welcome desk & QWA Shop	Aroha Poto	Jane Sadler			Julie Davis	
Computer		Scott Mark	Julie Davis	Kirrily Dowd	John Hanlon	
MC	Rawena Tairi	Rawena Tairi	Rawena Tairi	Scott Mark	Scott Mark	
CENTRE REFEREE	Leandra Miscamble	Alex Croot	John Hanlon	Nicole Deans/Julie Davis	Alex Croot	
REFEREE 1	Sue Cox	Scott Friend/Lesley Moyle	Scott Friend	Scott Friend	Rawena Tairi	
REFEREE 2	Levi Davidson	Jarrad McCarthy/John Hanlon	Dale Donaghue	Cydelle Hayman /Lesley Moyle	Nicole Deans/Lesley Moyle	
Chief Marshal	Alex Croot	Callum Hannay	Alex Croot	Sonia Stenhouse	Jemma Cowper	
Assistant Marshal	N/a	Levi Davidson	Sonia Stenhouse	Dale Donaghue		
Timekeeper	Scott Friend	John Hanlon	Leandra Miscamble	Alex Croot	Scott Friend	
Technical Controller	Sonia Stenhouse			John Hanlon		
Loader 1 Loader 2 Loader 3 Loader 4	Kylie Salisbury Amity Salisbury Nathan Harvey	David Smith Tanya Harden	Jarrad Mccarthy Tanya Harden	Jemma Cowper Matthew Manz	Levi Deans Dale Donaghue	

Day 2 – 24 March Sunday	<u>SESSION 6</u>	<u>SESSION 7</u>				
	10.00-12.00pm	12.00-2.00pm				
Category	M81,89,96,102,102+	F76,81,81+				
First Aid	Peter Lynskey					
Weigh-In	8.00-9.00am Alex Croot/Scott Friend	10.00-11.00am Dale Donaghue, Deb Acason				
Welcome desk & QWA shop	Aroha Poto	Julie Davis				
Computer	Julie Davis	Jacque Kendall				
MC	Scott Mark	Rawena Tairi				
CENTRE REFEREE	Rawena Tairi	Scott Mark				
REFEREE 1	Scott Friend	Dale Donaghue				
REFEREE 2	Jacque Kendall	Lesley Moyle				
Chief Marshall	Alex Croot	John Hanlon				
Assistant Marshal	Lesley Moyle					
Timekeeper	Sonia Stenhouse	Scott Friend				
Technical Controller	John Hanlon	Alex Croot				
Loader 1 Loader 2 Loader 3 Loader 4	Kaiya Marsh Mick Shepherd Bonney Douglas	Connor Hopgood				

