



2024 State Junior & U23 Weightlifting Championships

Sunday 14 April 2024
Ipswich Weightlifting Club
6 Parrott Street, Raceview

SESSION	CATEGORIES	WEIGHIN	PRESENTATION
1	F 55, 59, 64 (10)	6:00-7:00AM	8:00AM
2	M67, 73, 81 (8)	8:00-9:00AM	10:00AM
3	F71(8)	10:00-11:00AM	12:00PM
4	M89, 96, 102, 109, 109+ (7)	12:00-1:00PM	2:00PM
5	F81, 87, 87+ (6)	2:00-3:00PM	4:00PM

SESSION 1 – F55, 59, 64	WEIGHIN 6:00-7:00AM PRESENTATION 8:00AM
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17	F55	Olivia Coker	2008	Junior	U23	Ipswich	100
98	F55	Caitlin van Waveren	2009	Junior	u23	Cougars	100
230	F55	Charlotte Goodwin	2006	Junior	U23	Ipswich	122
58	F59	Lily Strange	2004	Junior	U23	NBWA	170
92	F59	Georgia Sadler	2008	Junior	U23	Milton	130
291	F59	Ailish Rice	2002	X	U23	None	142
23	F64	Yasmin Aziz	2008	Junior	U23	Milton	135
140	F64	Lauryn Bromhead	2003	Junior	U23	Burleigh	148
162	F64	Ellie Tuluauau	2008	Junior	U23	Ipswich	114
301	F64	Finity Lealofi	2006	Junior	U23	Southside	109

SESSION 2 – M67, 73, 81	WEIGHIN 8:00-9:00AM PRESENTATION 10:00AM
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19	M67	Levi Deans	2006	Junior	U23	SCWC	197
20	M67	Nate Thorley	2008	Junior	U23	Ipswich	190
246	M73	Ethan van Waveren	2006	Junior	U23	Cougars	207
14	M81	Joshua Swanepoel	2003	X	U23	Cougars	250
86	M81	Lachlan Watt	2006	Junior	U23	Thunder	240
95	M81	Alex Davison	2005	Junior	U23	Cougars	226
153	M81	Liam Smith	2004	Junior	U23	Stay True	190
296	M81	Jack Gibson	2004	Junior	U23	Cougars	260

SESSION 3 – F71	WEIGHIN 10:00-11:00AM PRESENTATION 12:00PM
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69	F71	Ella McIntyre	2006	Junior	U23	None	175
72	F71	Isabelle Farthing	2005	Junior	U23	None	140

94	F71	Poppy Priestley	2006	Junior	U23	Cougars	145
208	F71	Nya Hayman	2005	Junior	U23	Cougars	194
209	F71	Molly Boyd	2005	Junior	U23	Toowoomba	117
248	F71	Ruby Carwardine	2002	X	U23	WWC	180
267	F71	Natasha Lynch	2006	Junior	U23	N Gold	151
275	F71	Eden Gorrel	2002	X	U23	Cougars	157

SESSION 4 – M89, 96, 102, 109, 109+	WEIGHIN 12:00-1:00PM PRESENTATION 2:00PM
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97	M89	Tait Stuart	2005	Junior	U23	TWA	190
213	M89	Jack Lafferty	2006	Junior	U23	Noosa	250
243	M89	Michael Nides	2002	X	U23	Bounce	250
286	M89	Ryven Ewing	2002	X	U23	Bounce	300
161	M96	Jett Levi	2001	X	U23	Ipswich	236
259	M102	Charlie Hargreaves	2001	X	U23	Ipswich	272
157	M109+	Angus Ward	2003	X	U23	Noosa	250

SESSION 5 – F81, 87, 87+	WEIGHIN 2:30-3.30PM PRESENTATION 4:30PM
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42	F81	Alana Castle	2007	Junior	U23	Burleigh	146
		Ella Naidoo-					
103	F81	Golledge	2003	Junior	U23	Burleigh	158
227	F81	Lilliana Kendall	2006	Junior	U23	Stay True	120
112	F87	Kelsey Francis	2002	X	U23	TWA	155
131	F87	Kylie Salisbury	2002	X	u23	Saints	130
119	F87+	Hayley Dingle	2004	Junior	U23	Ipswich	154

Exemption	Chloe Perkins
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COMPETITION INFORMATION

WEIGH IN REQUIREMENTS

PHOTO ID MUST BE PRESENTED AT WEIGH-IN

WEIGH-IN PROCEDURE REMINDER

Athletes must weigh-in in wearing their lifting suit.

TCRR Regulation to 6.4 / Weigh-In



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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 unable to lift in any capacity in this competition.

MINIMUM WEIGHT

The minimum weight that can be attempted at this event is 21kg for women and 26kg for men.

The 20kg rule will be in use.

ATHLETE UNIFORM

All competitors MUST wear a one-piece lifting suit that cover the trunk and does not cover the elbows. Please do not wear a Queensland or Australian lifting suit unless you have represented Qld or Aus.

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

AWARDS:

Medals for 1st, 2nd & 3rd place in all bodyweight categories in both Junior & U23 age groups.
Best lifter Plaques (calculated using Sinclair points): Best Female lifter; Best Male lifter in both

Junior & U23 age groups

Most Improved Lifter Award trophies (calculated using the Forbes formula): Female lifter;

Male lifter in both Junior & U23 age groups.

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.

HOUSEKEEPING:

The event will be live-streamed

There will be a canteen at the event please support the fundraising efforts of IWC.