



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 |

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| 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 |
| 295 | F64 | Katherine Edwards | 2002 | X | U23 | Milton | 130 |
| 301 | F64 | Finity Lealofi | 2006 | Junior | U23 | Southside | 109 |

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| 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 | 210 |
| 153 | M81 | Liam Smith | 2004 | Junior | U23 | Stay True | 190 |
| 296 | M81 | Jack Gibson | 2004 | Junior | U23 | Cougars | 240 |

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| SESSION 3 – F71 | WEIGHIN 10:00-11:00AM PRESENTATION 12:00PM |
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| 69 | F71 | Ella McIntyre | 2006 | Junior | U23 | None | 175 |
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| 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 | 180 |
| 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 | 140 |

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| 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 |

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| SESSION 5 – F81, 87, 87+ | WEIGHIN 2:00-3:00PM PRESENTATION 4:00PM |
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| 42 | F81 | Alana Castle Ella Naidoo- | 2007 | Junior | U23 | Burleigh | 146 |
| 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 |

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| 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.