



## COMPETITION SCHEDULE – ONE DAY ONLY SATURDAY 29<sup>TH</sup> MARCH

**@ NBWA 17 Nundah Street, Nundah**

SESSION	WEIGH-IN	START
Session 1 – U12 (9) Note no break between Sn & C&J for this session	6.00-6.30AM	7AM
Session 2 – F44,48,53,58 (12)	6.30-7.30AM	8.30AM
Session 3 – M56, 60, 65, 71,79 (8)	8.30-9.30AM	10.30AM
Session 4 – F63 (9)	10.30-11.30AM	12.30PM
Session 5 – M88, 98, 98+ (8)	12.00-1.00PM	2.00PM
Session 6 – F69, 77, 86, 86+ (11)	2.00-3.00pm	4.00PM

**VERIFICATION OF ENTRIES – 12MD Wednesday 26<sup>th</sup> March via email to [gwa@gwa.org](mailto:gwa@gwa.org)**

**(Not applicable to U12's)**

### **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 can be found here:

<https://www.signupgenius.com/go/10C0949AEAD2BA3FDC07-55646772-2025>

Coaches, please ensure your athletes are signing up to Volunteer.

## PRELIMINARY START LIST

	Session 1				Under 12		
41	Jaxson Daniels	2016	30	M56	✓		Sunshine Coast Weightlifting Club
104	Gilbert Hebrard	2018	30	M56	✓		Cougars Weightlifting Club
119	Hendrix Dyke	2015	50	M56	✓		Bribie Island Weightlifting Club
135	Iona Kami	2015	40	F53	✓		Sunshine Coast Weightlifting Club
159	Savannah Ramey	2013	46	F44	✓		Barbell 4017
202	Matilda Forrest	2013	38	F44	✓		North Brisbane Weightlifting Association
254	Rose Dyer	2015	30	F63	✓		---
288	Kenzie Friend	2013	30	F48	✓		Sunshine Coast Weightlifting Club
299	Tatiana Nicholls	2013	85	F58	✓		Barbell 4017
	Session 2				U15	U18	
30	Olive Harvey	2012	36	F44		✓	Barbell 4017
279	Summer Mccarthy	2012	30	F44		✓	Sunshine Coast Weightlifting Club
250	Poppy Forrest	2009	99	F48	X	✓	North Brisbane Weightlifting Association
286	Sienna Lambert	2008	121	F48	X	✓	Cougars Weightlifting Club
142	Mariella Gonzalez	2008	113	F53	X	✓	Cougars Weightlifting Club
125	Bailey Stevens	2010	75	F53		✓	Cougars Weightlifting Club
95	Genevieve Hebrard	2010	70	F53		✓	Cougars Weightlifting Club
19	Kate Thorn	2008	50	F58	X	✓	---
90	Mahalia Davidson	2009	100	F58	X	✓	Bribie Island Weightlifting Club
168	Cataleya Gonzalez	2011	101	F58		✓	Cougars Weightlifting Club
238	Emma Corin	2011	70	F58		✓	Barbell 4017
285	Millicent Lee	2009	105	F58	X	✓	AKWL Gold Coast

	<b>Session 3</b>						
40	Ashton Brennan	2011	105	M56		✓	Southside Weightlifting Club
110	Rixen Eaborn	2012	45	M56		✓	Cougars Weightlifting Club
204	Gabriel Intal	2008	104	M56	X	✓	Body Express Barbell Club
69	Thomas Mckay	2008	138	M60	X	✓	Project Barbell Club
222	Tyson Eaborn	2009	150	M65	X	✓	Cougars Weightlifting Club
2	Connor Tonkin	2011	60	M71		✓	Northwest Powerhouse Weightlifting Club
45	Samuel Honeywood	2008	220	M79	X	✓	North Brisbane Weightlifting Association
127	Nathaniel Palamo	2009	108	M79	X	✓	Southside Weightlifting Club
	<b>Session 4</b>						
49	Sadie Hayman	2010	87	F63		✓	Cougars Weightlifting Club
116	Izzy Gee	2008	30	F63	X	✓	Barbell 4017
157	Summa Salisbury	2011	77	F63		✓	Saints Weightlifting Club
169	Paige Toovey	2010	71	F63		✓	Barbell 4017
176	Holly Souter	2008	135	F63	X	✓	Toowoomba Weightlifting Association Inc
209	Caitlin Van Waveren	2009	110	F63	X	✓	Cougars Weightlifting Club
229	Georgia Sadler	2008	142	F63	X	✓	Cougars Weightlifting Club
267	Annabelle Morgan	2009	117	F63	X	✓	Stay True Weightlifting Club
275	Gabriella Gonzalez	2010	113	F63		✓	Cougars Weightlifting Club
	<b>Session 5</b>						
166	Harry Seaton	2010	140	M88		✓	Toowoomba Weightlifting Association Inc
264	Levi Davidson	2008	213	M88	X	✓	Bribie Island Weightlifting Club
270	Conor Sharp	2008	135	M88	X	✓	Bribie Island Weightlifting Club
162	Damian Saunders	2009	100	M98	X	✓	---
29	Connor Hopgood	2008	205	M98+	X	✓	North Gold Coast
67	Josiah Baumgartner	2010	70	M98+		✓	Cougars Weightlifting Club
141	Michael Pona	2009	30	M98+	X	✓	Southside Weightlifting Club
163	Hilton Im	2007	200	M98+	X	✓	Cougars Weightlifting Club

	Session 6						
53	Marcella Kendall	2009	60	F69	X	✓	Stay True Weightlifting Club
217	Saige Groves	2008	154	F69	X	✓	Cougars Weightlifting Club
245	Freya Robertson	2012	108	F69		✓	Cougars Weightlifting Club
293	Isabella Bryant	2009	40	F69	X	✓	Stay True Weightlifting Club
27	Addison Coutts	2011	60	F77		✓	Bribie Island
74	Tiare Kami	2012	50	F77		✓	Sunshine Coast Weightlifting Club
143	Safina Kyprianou	2007	90	F77	X	✓	Cougars Weightlifting Club
214	Eva Acason	2011	95	F77		✓	---
150	Laila Webbe	2010	70	F86		✓	Stay True Weightlifting Club
228	Jordan Batten	2008	70	F86+	X	✓	Stay True Weightlifting Club
277	Chyanne White	2009	80	F86+	X	✓	Cougars Weightlifting Club

## 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 U12 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.

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 U12 entrants.

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

Best lifter trophies: Best U12 Female; Best U12 Male lifter; Best U15 Female; Best U15 Male lifter Best U18 Female lifter; Best U18 Male lifter. (Calculated using Sinclair)

## **AWF COMPETITION REGULATIONS FOR PARTICIPANTS UNDER 12 YEARS – THAT IS ATHLETES 12 AND UNDER IN 2025**

### **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.