

QWA State U12/U15 & Youth Championships
19-20 July 2025 Rebels Weightlifting Club, Capalaba

	Session No:	Categories	No: Competitors	Weigh-In	Session
Saturday 19/07/24					
	Session 1	Under 12 M&F	8	08:00 - 08:30	09:00 - 11:00
	Session 2	U12 M&F	6	10:00 - 10:30	11:00 - 13:00
	Session 3	M56/M60/M71	8	11:00 - 12:00	13:00 - 15:00
	Session 4	F53/F58	11	13:00 - 14:00	15:00 - 17:00
Sunday 20/07/24					
	Session 5	F63	8	08:00 - 09:00	10:00 - 12:00
	Session 6	M79/M88/M94+	9	10:00 - 11:00	12:00 - 14:00
	Session 7	F69/F77/F77+/F86+	13	12:00 - 13:00	14:00 - 16:00

Reminder that those in the warm-up room need Blue Cards with them, and must have a current AWF Coaching accreditation or be under the direct supervision of someone who does have one.

Lot No:	Name	Gender	YOB	Total	Category	Club	Coach
	S1 - Under 12 M&F					Weigh-in 08:00 - 08:30	Start 09:00
12	Julian Goddard	M	2015	44	U12	Burleigh Barbell Club	Callum Hannay
82	Kauatanibeia Tetaona	F	2014	40	U12	Berserker Barbell Club	Sally Wells
153	Hendrix Dyke	M	2015	50	U12	Bribie Island	Levi Davidson
156	Erin Woodbridge	F	2014	50	U12	Barbell 4017	Belinda Batty
188	Iona Kami	F	2015	35	U12	Sunshine Coast	Dale Donaghue
215	Tatiana Nicholls	F	2019	91	U12	Barbell 4017	Belinda Batty
241	Lachlan Benham	M	2017	30	U12	Bribie Island	NONE
300	Jaxson Daniels	M	2016	30	U12	Sunshine Coast	Dale Donaghue

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	S2 - U12 M & F					Weigh-in 10:00 - 10:30	Start 11:00
57	Nathaniel Whittaker	M	2013	42	U12	Berserker Barbell Club	Sally Wells
144	Savannah Ramey	F	2013	56	U12	Barbell 4017	NONE
207	Matilda Forrest	F	2013	38	U12	North Brisbane	Christian Hopper
226	Wynter Bradshaw	F	2013	30	U12	Cougars	Miles Wydall
232	Pearl Holliday	F	2013	30	U12	Whitsunday	NONE
291	Kenzie Friend	F	2013	30	U12	Sunshine Coast	Dale Donaghue

	S3 - M56/M60/M71							Weigh-in 11:00 - 12:00	Start 13:00
				U15	Youth				
59	Gabriel Intal	M	2008	XX	√	120	M56	Body Express	Iain Blacow
93	Tyler Martin-Burton	M	2008	XX	√	90	M56	Whitsunday	Leanne Knox
211	Rixen Eaborn	M	2012	√	XX	50	M56	Cougars	Miles Wydall
52	Thomas Mckay	M	2008	XX	√	157	M60	<i>Toowoomba</i>	Gregory Hobl
149	Atticus Manz	M	2010	√	√	147	M60	<i>Burleigh Barbell</i>	Callum Hanna
246	Ashton Brennan	M	2011	√	√	129	M60	Southside	Tise Aaifou
16	Tyson Eaborn	M	2009	XX	√	160	M71	Cougars	Miles Wydall
139	Joel Crookall	M	2008	XX	√	160	M71	North Brisbane	NONE

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	S4	f44/48/53/58				Weigh-in 13:00 - 14:00		Start 15:00
			u15	YOUTH				
102	Summer Mccarthy	2012	√	XX	30	F44	Sunshine Coast	Barry Harden
148	Poppy Forrest	2009	XX	√	100	F48	North Brisbane	Christian Hopper
233	Olive Harvey	2012	√	XX	45	F48	Barbell 4017	NONE
33	Genevieve Hebrard	2010	√	√	75	F53	Cougars	Scott Robinson
37	Mariella Gonzalez	2008	XX	√	115	F53	Cougars	Miles Wydall
101	Sienna Lambert	2008	XX	√	127	F53	Cougars	Miles Wydall
199	Bailey Stevens	2010	√	√	76	F53	Cougars	Miles Wydall
9	Kate Thorn	2008	XX	√	74	F58	Barbell 4017	Belinda Batty
38	Millicent Lee	2009	XX	√	100	F58	AKWL Gold Coast	Adrienne Karniewicz
63	Mahalia Davidson	2009	XX	√	100	F58	Bribie Island	Jade Sharp
301	Jaida Oliver	2009	XX	√	119	F58	Toowoomba	Gregory Hobl

	S5 - F63		U15	YOUTH			Weigh-in 08:00 - 09:00	Start 10:00
26	Annabelle Morgan	2009	XX	√	120	F63	Stay True	Jemma Cowper
34	Georgia Sadler	2008	XX	√	142	F63	North Brisbane	Coral Quinell
48	Gabriella Gonzalez	2010	√	√	121	F63	Cougars	Miles Wydall
61	Emma Corin	2011	U15	√	85	F63	Barbell 4017	NONE
72	Mia Slaughter	2011	U15	√	77	F63	Sunshine Coast	Barry Harden
155	Grace Mitchell	2010	U15	√	115	F63	Sunshine Coast	Barry Harden
183	Alexis Smith	2011	U15	√	98	F63	United	Michael Murphy
194	Summa Salisbury	2011	√	√	80	F58	Saints	Sonia Stenhouse

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	<u>S6</u> M77/88/94+				Weigh-in 10:00 - 11:00			Start 12:00
			U15	YOUTH				
32	Leon Neal	2010	√	√	115	M79	Cougars	Angela Wydall
231	Cyrus Godarzi	2010	√	√	110	M79	Cougars	Angela Wydall
35	Jonah Bell	2009	XX	XX	78	M88	Bribie Island	Jade Sharp
71	Harry Seaton	2010	√	√	140	M88	Toowoomba	Gregory Hobl
236	Levi Davidson	2008	XX	√	222	M88	Bribie Island	Jade Sharp
21	Josiah Baumgartner	2010	√	XX	60	M94+ (youth)	Cougars	Miles Wydall
134	Michael Pona	2009	XX	√	145	M94+ (youth)	Southside	Tise Aaifou
146	Connor Hopgood	2008	XX	V	218	M94+ (youth)	---	NONE
154	Boe Bibby	2012	√	XX	30	M94+ (youth)	Whitsunday	Leanne Knox

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	S7 - F69/F77/F77+/F86+			U15	YOUTH			Weigh-in 12:00 - 13:00	Start 14:00
43	Jayda Williams	F	2008	XX	√	130	F69	Toowoomba	Gregory Hobl
80	Tiare Kami	F	2012	√	XX	77	F69	Sunshine Coast	Barry Harden
97	Cataleya Gonzalez	F	2011	√	√	110	F69	Cougars	Miles Wydall
132	Sadie Hayman	F	2010	√	√	101	F69	Cougars	Miles Wydall
186	Addison Coutts	F	2011	√	XX	64	F69	Bribie Island	Jade Sharp
261	Paige Toovey	F	2010	√	XX	61	F69	Barbell 4017	NONE
263	Freya Robertson	F	2012	√	√	110	F69	Cougars	Angela Wydall
278	Saige Groves	F	2008	XX	√	160	F69	Cougars	Miles Wydall
117	Eva Acazon	F	2011	√	√	105	F77	---	NONE
167	Chloe Dolley	F	2010	√	√	100	F77	Toowoomba	Gregory Hobl
170	Chyanne White	F	2009	XX	XX	89	F77+	Cougars	Angela Wydall
187	Paige Crowell	F	2009	XX	√	142	F77+	---	NONE
283	Jordan Batten	F	2008	XX	√	105	F77+	Stay True	Jemma Cowper
Approved Exemptions									
	Kase Dowd	M	2009			145	M79	Noosa	Eugene Te Man
	Charlie Hammond	M	2008			195	M79	Berserker	Sally Wells
	Cooper Ward	M	2009			185	M88	Noosa Barbell	NONE
	Nathaniel Palamo	M	2009			112	M79	Southside	Tise Aaifou
	Holly Souter	F						Toowoomba	
	Yasmin Aziz	F	2008			175	F63	Cougars	Scott Robinson

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Competition Regulations

- Athletes competing in the U15 & Youth age-group must produce Photo ID at the weigh-in. Failure to produce ID will result in the athlete not being permitted to contest the event.
- Athletes competing in the U12 modified competition are not required to provide Photo ID at weigh-in
- Athletes must declare starting weights at the time that they weigh-in
- Competition Uniform: Close-fitting pants (shorts/bike pants) and a close-fitting t-shirt that does not cover the elbows is the minimum requirement.
- Competitors may instead wear: A one-piece lifting suit.
- **The competition uniform requirement listed in the above 2 points are also the outfit requirements for weigh-in.**
- Competitors can 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 **cannot** 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

- Any athlete in the U15 & Youth Age groups of the competition not registering a result in the Snatch **will not** be allowed to participate in the Clean & Jerk section of the competition
- **The 20kg rule will not be in use at this competition**

Awards

- Participation Certificates for all participants
- Participation medals for all U12 entrants
- Gold, Silver & Bronze medals for each bodyweight category in both U15 & Youth age-groups for males & females
- Best lifter trophies for males & females in U12, U15 & Youth age-groups calculated using Sinclair points & \$100 vouchers from Virus.

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