

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	7	08:00 - 08:30	09:00 - 11:00
	Session 2	F44/F48	7	09:00 - 10:00	11:00 - 13:00
	Session 3	M56/M60/M71	10	11:00 - 12:00	13:00 - 15:00
	Session 4	F53/F58	10	13:00 - 14:00	15:00 - 17:00
Sunday 20/07/24					
	Session 5	F63	12	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+	10	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
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
82	Kauatanibeia Tetaona	F	2014	40	U12	Berserker Barbell Club	Sally Wells
12	Julian Goddard	M	2015	44	U12	Burleigh Barbell Club	Callum Hannay
153	Hendrix Dyke	M	2015	50	U12	Bribie Island	Levi Davidson
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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	S4 - F53/F58					Weigh-in 13:00 - 14:00	Start 15:00
33	Genevieve Hebrard	F	2010	75	F53	Cougars	Scott Robinson
37	Mariella Gonzalez	F	2008	115	F53	Cougars	Miles Wydall
101	Sienna Lambert	F	2008	127	F53	Cougars	Miles Wydall
199	Bailey Stevens	F	2010	76	F53	Cougars	Miles Wydall
9	Kate Thorn	F	2008	60	F58	Barbell 4017	Belinda Batty
38	Millicent Lee	F	2009	100	F58	AKWL Gold Coast	Adrienne Karniewicz
63	Mahalia Davidson	F	2009	100	F58	Bribie Island	Jade Sharp
194	Summa Salisbury	F	2011	80	F58	Saints	Sonia Stenhouse
232	Pearl Holliday	F	2013	30	F58	Whitsunday	NONE
301	Jaida Oliver	F	2009	119	F58	Toowoomba	Gregory Hobl

	S5 - F63					Weigh-in 08:00 - 09:00	Start 10:00
26	Annabelle Morgan	F	2009	120	F63	Stay True	Jemma Cowper
34	Georgia Sadler	F	2008	142	F63	North Brisbane	Coral Quinell
48	Gabriella Gonzalez	F	2010	121	F63	Cougars	Miles Wydall
61	Emma Corin	F	2011	85	F63	Barbell 4017	NONE
72	Mia Slaughter	F	2011	75	F63	Sunshine Coast	Barry Harden
89	Holly Souter	F	2008	135	F63	Toowoomba	Gregory Hobl
97	Cataleya Gonzalez	F	2011	110	F63	Cougars	Miles Wydall
155	Grace Mitchell	F	2010	115	F63	---	NONE
160	Yasmin Aziz	F	2008	175	F63	Cougars	Scott Robinson
183	Alexis Smith	F	2011	98	F63	United	Michael Murphy

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	S7 - F69/F77/F77+/F86+						Weigh-in 12:00 - 13:00	Start 14:00
43	Jayda Williams	F	2008	130	F69	Toowoomba	Gregory Hobl	
80	Tiare Kami	F	2012	77	F69	Sunshine Coast	Barry Harden	
132	Sadie Hayman	F	2010	101	F69	Cougars	Miles Wydall	
186	Addison Coutts	F	2011	64	F69	Bribie Island	Jade Sharp	
261	Paige Toovey	F	2010	61	F69	Barbell 4017	NONE	
263	Freya Robertson	F	2012	110	F69	Cougars	Angela Wydall	
278	Saige Groves	F	2008	160	F69	Cougars	Miles Wydall	
117	Eva Acason	F	2011	105	F77	---	NONE	
167	Chloe Dolley	F	2010	100	F77	Toowoomba	Gregory Hobl	
187	Paige Crowell	F	2009	142	F77+ (youth)	---	NONE	
170	Chyanne White	F	2009	70	F86+	Cougars	Angela Wydall	
283	Jordan Batten	F	2008	105	F86+	Stay True	Jemma Cowper	
	Approved Exemptions							
272	Kase Dowd	M	2009	145	M79	Noosa	Eugene Te Manu Marsh	
300	Charlie Hammond	M	2008	195	M79	Berserker	Sally Wells	
44	Cooper Ward	M	2009	185	M88	Noosa Barbell	NONE	

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

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- 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

Volunteering

- All athletes are expected to volunteer to assist in running the competition for at least one session, or have a family member, friend or fellow club member nominate to fill their spot. The link to sign up will be circulated early next week.