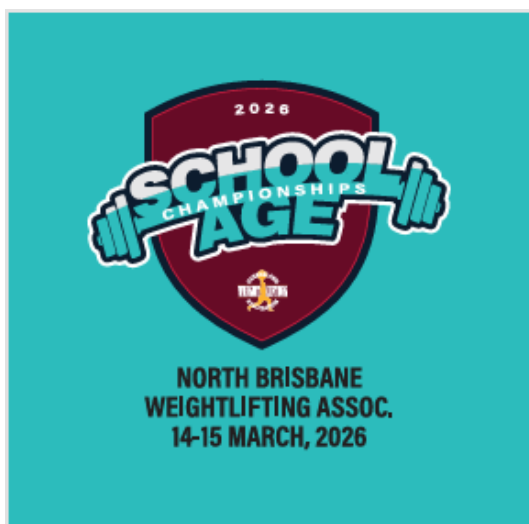




PRELIMINARY ENTRIES & COMPETITION SCHEDULE

17 Nundah Street, Nundah

Verification of entries: 12md Wednesday 11th March via email to qwa@qwa.org

Saturday			Weigh-in	Start
Session1	U12F	11	6.00-6.30am	7.00am
Session 2	12M	6	7.30-8.00am	8.30am
Session 3	F48/53/58B	9	7.30-8.30am	9.30am
Session 4	M56/60/65/71	7	9.30-10.30am	11.30am
Session 5	F58A	11	11.00-12.00pm	1.00pm
Session 6	M79	6	1.00-2.00pm	3.00pm
Session 7	F63	6	2.30-3.30pm	4.30pm
Sunday				
Session 8	F69	8	10.00-11.00am	12md
Session 9	M88/94+	6	12.00-1.00pm	2.00pm
Session 10	F77/77+/guests	10	1.30-2.30pm	3.30pm

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 will be circulated in the coming days.

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

COACHING STAFF

Only accredited coaches are permitted in the warm-up room and field of play. If your athlete does not have a AWF accredited coach with current qualifications, you need to seek out someone to be responsible for your athlete who does have current qualifications. Unqualified coaches are not permitted in this area, unless they are directly supervised by a qualified coach.

BLUE CARDS-

All coaches and TO's who supply services for children must have a current Blue Card. You can apply here if you don't already have one:

[Apply for a blue card or exemption card | Your rights, crime and the law | Queensland Government](#)

EVENT INFORMATION

This competition schedule has been formulated to fit as much as possible around Sunday Market activity adjacent to the competition venue. Please be mindful of allowing additional time and patience when parking Sunday morning. NBWA will be sending out further location and hospitality information in the lead up to the event – keep an eye on your inbox!

Lot no#	Lifter	DOB	Club	Category	Total
	Session 1	U12F			
	Weigh-in	6.00-6.30am	Start	7.00am	
1	Ella Acason	2025	---		30
9	Isabella Cameron	2015	NPWC		44
12	Iona Kami	2015	SCWC		57
34	Livvie Scarce	2015	BUBC		1
38	Imogen Rhodes	2018	SCWC		25
72	Ayva Tavake	2016	NPWC		30
80	Holly Slaughter	2016	SCWC		32
156	Audrey Rhodes	2016	SCWC		25
207	Rose Dyer	2015	---		20
231	Harlow Dyke	2017	BIWC		30
263	Keziah Kolade	2018	NPWC		20
291	Billie Anderson	2014	NPWC		30
	No break between Snatch & Clean & Jerk for U12's				
	Session 2	U12M			
	Weigh-in	7.30-8.00am	Start	8.30am	
32	Jack Webster	2017	BIWC		17
102	Jaxson Daniels	2016	SCWC		30
148	James Orbell	2015	---		45
149	Hendrix Dyke	2015	BIWC		55
170	Samuel Rattle	2017	NPWC		33
215	Julian Goddard	2015	BUBC		65
	No break between Snatch & Clean & Jerk for U12's				

	Session 3	F48/53/58B					
	Weigh-in	7.30-8.30am	Start	9.30am		U15	U18
2	Summer McCarthy	2012	SCWC	F44	37	Y	y
	Matilda Forrest	2013	NBWA	F44	47	y	y
89	Poppy Forrest	2009	NBWA	F48	111	n	y
6	Kate Thorn	2008	BAR	F53	90	N	y
43	Olive Harvey	2012	BAR	F53	70	y	y
52	Genevieve Hebrard	2010	CWC	F53	86	n	y
71	Mariella Gonzalez	2008	CWC	F53	124	n	y
167	Holly Strang	2011	BUBC	F53	78	Y	y
26	Madison Harvey	2011	BIWC	F58B	42	y	y
59	Amelia Pattie	2013	CWC	F58B	40	y	y
63	Kenzie Friend	2013	SCWC	F58B	30	y	y
	Session 4	M56/60/65/71					
	Weigh-in	9.30-10.30am	Start	11.30am			
33	Braxton Dyke	2013	BIWC	M56	55	y	y
246	Rixen Eaborn	2012	CWC	M56	75	y	y
160	Jobe Moore	2013	NPWC	M60	50	y	y
194	Corbin O'Connor	2013		M60	90	y	y
99	Ashton Brennan	2011	SWC	M65	140	y	y
134	Tyson Eaborn	2009	CWC	M71	180	n	y
212	Joel Crookall	2008	NBWA	M71	200	n	y
	Session 5	F58A					
	Weigh-in	11.00-12.00pm	Start	1.00pm			
35	Lily Slaughter	2013	SCWC	F58A	83	y	y
37	Sienna Lambert	2008	CWC	F58A	140	n	y
93	Ella Halter	2009	TWA	F58A	80	n	y
101	Tatiana Nicholls	2013	BAR	F58A	90	y	y
153	Jaida Oliver	2009	TWA	F58A	127	n	y
154	Millicent Lee	2009	AKWL	F58A	110	n	y
183	Madison Newton	2009	NBC	F58A	88	n	y
186	Elizabeth Twyford-Jones	2013	---	F58A	58	y	y
226	Georgia Sadler	2008	NBWA	F58A	147	n	y
236	Matilda Nannes	2012	---	F58A	50	y	y
283	Harriet Wiggins	2010	BUBC	F58A	75	n	y
	Session 6	M79					
	Weigh-in	1.00-2.00pm	Start	3.00pm			
10	Jesse Saliba	2009	SCWC	M79	205	n	y
76	Archie Murray	2011	NBC	M79	90	y	y
124	Nicholas Guida	2013	NPWC	M79	59	y	y
248	Leon Neal	2010	CWC	M79	125	n	y
281	Cyrus Godarzi	2010	CWC	M79	140	n	y
289	Kase Dowd	2009	NBC	M79	155	n	y

	Session 7	F63					
	Weigh-in	2.30-3.30pm	Start	4.30pm			
4	Emma Corin	2011	B4107	F63	105	Y	y
48	Alexis Smith	2011	UBCI	F63	106	y	y
97	Lola Cuk	2011	MBC	F63	70	y	y
132	Gabriella Gonzalez	2010	CWC	F63	136	y	y
199	Summa Salisbury	2011	STA	F63	90	y	y
211	Yasmin Aziz	2008	CWC	F63	180	n	y
278	Claudia Wallace	2009	CWC	F63	85	n	y
	SUNDAY						
	Session 8	F69					
	Weigh-in	10.00-11.00am	Start	12.00pm			
16	Tiare Kami	2012	SCWC	F69	90	y	y
21	Cataleya Gonzalez	2011	CWC	F69	125	y	y
61	Ella Sinclair	2009	SCWC	F69	30	n	y
144	Paige Toovey	2010	BAR	F69	80	n	y
155	Jayda Williams	2008	TWA	F69	146	n	y
232	Charlotte Put	2010	CWC	F69	85	n	y
233	Sadie Hayman	2010	CWC	F69	119	n	y
261	Saige Groves	2008	CWC	F69	170	n	y
	Session 9	M88/94+					
	Weigh-in	12.00-1.00pm	Start	2.00pm			
18	Cooper Ward	2009	NBC	M88	200	n	y
70	Matthew Traves	2009	BUBC	M88	130	n	y
78	Evan Jacobson	2010	BIWC	M88	80	n	y
259	Charlie Hammond	2008	BER	M88	207	n	y
294	Harry Seaton	2010	TWA	M88	155	n	y
5	Michael Pona	2009	SSWC	M94+	170	n	y
300	Josiah Baumgartner	2010	CWC	M94+	136	n	y
	Session 10	F77/77+/guests					
	Weigh-in	1.30-2.30pm	Start	3.30pm			
44	Halina Kingi	2010	AKWL	F77	85	n	y
117	Freya Robertson	2012	CWC	F77	130	y	y
139	Mia Noon	2010	STWC	F77	35	n	y
146	Salamasina Letelemaana	2009	---	F77	60	n	y
187	Eva Acaon	2011	---	F77	118	y	y
241	Chloe Dolley	2010	TWA	F77	100	n	y
82	Jordan Batten	2008	STWC	F77+	115	n	y

8	Chloe Perkins	2006	CWC	guest	150	n	n
57	Darcy Kay	1993	CWC	guest	180	n	n
298	Kayla Miller-Gorce	1999	BUBC	guest	170	n	n

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. 250g must be deducted from the weight shown on the scales to record the athlete's competition weight. It is the athlete's responsibility that this is done at the time that they sign off their paperwork at weigh-in. Lifters who do not make weight at weigh-in FOR THIS EVENT ONLY are permitted to participate as guest lifters in the category they entered in.

You will receive your complimentary t-shirt made possible with sponsorship from **Queensland Posts and Beams**, as you weigh-in.

MINIMUM WEIGHT

The minimum weight that can be attempted at this event is 5kg.

AWARDS

Participation medals for all U12 entrants.

Medals for 1st, 2nd & 3rd 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)

Note: There is no live streaming of this event.

