

## 2026 QWA U12/U15 & Youth State Weightlifting Championships

Location	Nambour
Date of Competition	26-28 June 2026
Competition Venue	Sunshine Coast Weightlifting Club
Categories	MEN - 56/60/65/71/79/88/94/94+ WOMEN - 44/48/53/58/63/69/77/77+
Age Eligibility	17 years and under
Minimum Qualifying Standard	U12/U15 Nil Youth – Youth State qualifying standard
Qualifying Period	19 July 2025-24 May 2026
Entry Fee	\$68
Awards	<ul style="list-style-type: none"> <li>• Medals – Top 3 per category</li> <li>• Best Lifter Awards - trophies</li> </ul>
Individual Entry	Submitted online via QWA website by 24 May 2026.

**Men**

<b>GRADE</b>	<b>56*</b>	<b>60</b>	<b>65</b>	<b>71</b>	<b>79</b>	<b>88</b>	<b>94</b>	<b>+94*</b>	<b>110</b>	<b>110+</b>
<b>Senior State (Q)</b>	-	136	144	153	163	172	177	-	189	197
<b>Junior State (Q)</b>	-	104	110	117	125	132	135	-	145	151
<b>Youth State (Q)</b>	70	75	80	84	90	95	98	105	-	-

\* The 56kg and +98kg categories and Totals apply to Youth events only.

**Women**

<b>GRADE</b>	<b>44*</b>	<b>48</b>	<b>53</b>	<b>58</b>	<b>63</b>	<b>69</b>	<b>77</b>	<b>77+</b>	<b>86</b>	<b>86+</b>
<b>Senior State (Q)</b>	-	88	95	101	106	112	119	-	124	131
<b>Junior State (Q)</b>	-	79	85	91	95	101	107	-	112	118
<b>Youth State (Q)</b>	60	64	69	74	77	81	86	92	-	-

\* The 44kg and +81kg categories and Totals apply to Youth events only.