

2026 QWA U12/U15 & Youth State Weightlifting Championships

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| Location | Nambour |
| Date of Competition | 27-28 June 2026 |
| Competition Venue | Sunshine Coast Weightlifting Club, 22 Crusher Park Drive, Nambour https://www.sporty.com.au/sunshinecoastweightlifting/ |
| 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"> • Medals – Top 3 per category • Best Lifter Awards - trophies |
| Verification of entries | Submitted via email to gwa@gwa.org no later than 12 midday by 24 June 2026. |
| Competition Regulations | <ul style="list-style-type: none"> • 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. Take a photo of your ID now and store it on your phone to ensure you have it at weigh-in! • 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 • As this is a qualification event for National U15 & Youth Championships athletes not making weight in their nominated category will be unable to participate in any capacity in this event • Competition Uniform: Close-fitting pants (shorts/bike pants) and a close-fitting t-shirt (without collar) that does not cover the elbows is the minimum requirement. • Competitors may instead wear: A one-piece lifting suit. Any t-shirt worn with this must be under the suit. • The competition uniform requirement listed in the above 2 points are also the outfit requirements for weigh-in • Competitors cannot wear: Loose fitting clothing; anything that covers the elbows (apart from a unitard); any clothing that displays words, slogans, or images other than |

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| | <p>brand trademarks and/or weightlifting club / team names or logos; Lifting belts wider than 120mm</p> <ul style="list-style-type: none"> • 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 | <ul style="list-style-type: none"> • 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 |