

Uesaka Barbell Australia QWA League Final 2017

Brisbane Barbell Club, 40 Mayne Rd, Bowen Hills

Competition Timetable - 26th November 2017

Division 4	Weigh-in: 08:00-09:00	Start 10:00am
QWA Special General Meeting		Start 12:00
Division 3	Weigh-in: 10:45-11:45 am	Start 12:45pm
Division 2	Weigh-in: 12:45- 1:45pm	Start 2.45pm
Division 1	Weigh-in: 2:45-3:45pm	Start 4:45pm



ALL COMPETITORS MUST WEAR A ONE-PIECE LIFTING SUIT THAT COVERS THE TRUNK AND DOES NOT COVER THE ELBOWS.

COMPETITORS MAY ALSO 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 CAN NOT WEAR:

- Pants and a top instead of a one-piece lifting costume
- Loose fitting clothing
- Anything that covers the elbows (apart from a unitard)
- 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

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Final Entries

Division 4

#	Name	Y.O.B	Club	PB Snatch	PB Clean & Jerk	PB Total
1	Maddie Whatman	1998	GCWC	50	70	127
2	Kim Walker	1977	GCWC	37	54	91
3	Rebecca Hopf	1984	TWA	45	55	100
4	Scott Mark	1964	Unattached	74	95	169
5	Leandra Miscamble	1956	GCWC	36	53	89
6	Andrea Arnold	1975	ABC	56	75	131
7	Julie Davis	1952	NBWA	29	41	70
8	Linda Skerman	1965	NBWA	39	53	92
9	Jess Ryder	1991	SCWC	41	54	95
10	Lauren Hastings	2004	GCWC	36	48	84

Division 3

#	Name	Y.O.B	Club	PB Snatch	PB Clean & Jerk	PB Total
1	Mitchell Levy	1983	NBWA	85	115	200
2	Joshua Wood	1978	GCWC	76	101	177
3	Amy Siebenhausen	1986	IBC	70	81	150
4	Angela Barnas	1980	SCWC	63	85	148
5	Joanne Shack	1988	NBWA	53	72	125
6	Greg Henwood	1969	Unattached	70	92	162
7	Cooper Ward	2002	Bounce	68	83	151
8	Blake Mammarella	1995	Bounce	107	130	237
9	Neree Croteau	1985	Milton	70	86	156
10						

Division 2

#	Name	Y.O.B	Club	PB Snatch	PB Clean & Jerk	PB Total
1	Devon Kitts	1993	NBWA	85	120	205
2	Leanne Thomas	1987	GCWC	64	95	159
3	Susan Schirmer	1989	Toowoomba	77	92	169
4	Rebecca Jakubovsky	1983	Dungeon	62	78	140
5	Tanya Eames	1987	Toowoomba	54	68	122
6	Sara Seagrave	1996	GCWC	57	83	140
7	Thomas Foster	1993	Unattached	85	107	192
8	Tim Varitimos	1984	Unattached	100	127	227
9	Christine Reid	1992	NBWA	65	86	151
	Jacinta Carroll (Div 1)	1992	BBC	77	95	172

Division 1

#	Name	Y.O.B	Club	PB Snatch	PB Clean & Jerk	PB Total
1	Adrienne Karniewicz	1984	GCWC	78	100	178
2	Jacinta Carroll (lifting in Div 2 session)	1992	BBC	77	95	172
3	Michael Dunne	1989	Milton	109	133	242
4	Jakob Daniels	1995	SCWC	118	152	270
5	Tara Noonan	1980	BBC	61	76	137
6	Christopher Lai	1998	Bounce	110	145	255
7	Cassie Todd	1991	BBC	73	102	175
8						
9						
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Uesaka Barbell Australia 2017 QWA League

Format and Rules

The object of the QWA League is to provide a competition in which weightlifters compete against others with similar levels of ability and within a competition environment where personal best performances are highly valued.

Entry Conditions and Participation

To participate in any round of the Uesaka Barbell Australia 2017 QWA League, a person must:

- Be a current financial member of the Queensland Weightlifting Association;
- Have achieved a total which is at least 25% of the World Record Total for their bodyweight category, in an official weightlifting competition held after January 1st 2016;
- Complete the entry process online via the QWA website using a QWA Online Account.

Participation in each competition is limited to 60 competitors per day. Entry quotas will be managed by the Online Entry System. Entries open 30 days prior to the closing date and close 13 days prior to the competition date or when the maximum number of entries is reached, whichever comes first. No late entries can be accepted.

Lifters who are classified in Division 1 and Division 4 will be scheduled to compete on the Saturday; and lifters who are classified in Division 2 and Division 3 will be scheduled to compete on the Sunday.

Entrants may swap sessions with each other provided that both entrants are the same gender and they notify the QWA office of the swap no less than 5 days prior the commencement of the competition.

The League consists of two competition Rounds and one Grand Final. Participation in the Grand Final is limited to the ten (10) highest point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the sum of the individuals' scores from the two competition Rounds.

	Round 1	Round 2	Aggregate Score
Example 1	63 points	51 points	63+51 = 114 points
Example 2	65 points	Did not compete	65+0 = 65 points
Example 3	Did not compete	70 points	70+0 = 70 points

Classification of Competitors

The Uesaka Barbell Australia QWA League contains four Divisions. Lifters are classified according to their best official competition total achieved after January 1st 2016, expressed as a percentage of the World Record Total (WRT) relevant to their bodyweight category.

The following classification standards apply:

Division 1: greater than 52.00% of WRT

Division 2: 44.01% of WRT to 52.00% of WRT

Division 3: 35.01% of WRT to 44.00% of WRT

Division 4: 25.00% of WRT to 35.00% of WRT

All lifters compete within the Division in which they are classified for the duration of 2017 regardless of any change in their level of performance during the year.

Scoring

QWA League scores will be calculated in the following manner:

Percentage of World Record Total

The competitor's final total is calculated as a percentage of the relevant current World Record Total.

The final total divided by the World Record x 100 = Percentage Points.

Personal Best Bonus

Additional points will be awarded for equalling or exceeding Personal Best results according to the

following scale:

Heaviest Snatch equalling Personal Best	1 Point
Heaviest Snatch exceeding Personal Best by 1kg	2 Points
Heaviest Snatch exceeding Personal Best by 2kg	3 Points
Heaviest Snatch exceeding Personal Best by 3kg	4 Points
Heaviest Snatch exceeding Personal Best by 4kg or more	5 Points
Heaviest Clean & Jerk equalling Personal Best	1 Point
Heaviest Clean & Jerk exceeding Personal Best by 1kg	2 Points
Heaviest Clean & Jerk exceeding Personal Best by 2kg	3 Points
Heaviest Clean & Jerk exceeding Personal Best by 3kg	4 Points
Heaviest Clean & Jerk exceeding Personal Best by 4kg or more	5 Points
Final Total equalling Personal Best	1 Point
Final Total exceeding Personal Best by 1kg	2 Points
Final Total exceeding Personal Best by 2kg	3 Points
Final Total exceeding Personal Best by 3kg	4 Points
Final Total exceeding Personal Best by 4kg or more	5 Points

Six out of Six Bonus

Six (6) points will be awarded for all six attempts being judged “Good lift” by a majority of referees.

Penalty Points

The following Penalty Points will accrue for performances below Personal Best:

Heaviest Snatch 5kg below Personal Best	-1 Point
Heaviest Snatch 6kg below Personal Best	-2 Points
Heaviest Snatch 7kg below Personal Best	-3 Points
Heaviest Snatch 8kg below Personal Best	-4 Points
Heaviest Snatch 9kg or more below Personal Best	-5 Points
Heaviest Clean & Jerk 5kg below Personal Best	-1 Point
Heaviest Clean & Jerk 6kg below Personal Best	-2 Points
Heaviest Clean & Jerk 7kg below Personal Best	-3 Points
Heaviest Clean & Jerk 8kg below Personal Best	-4 Points
Heaviest Clean & Jerk 9kg or more below Personal Best	-5 Points
Final Total 5kg below Personal Best	-1 Point
Final Total 6kg below Personal Best	-2 Points
Final Total 7kg below Personal Best	-3 Points
Final Total 8kg below Personal Best	-4 Points
Final Total 9kg or more below Personal Best	-5 Points

Calculating the League Score

Percentage of World Record + Bonus Points* + Penalty Points = Final Score

*Maximum Bonus Points possible: PB snatch + PB clean & jerk + PB total + 6 out of 6 = 21 points

Personal Best

For the purposes of the Uesaka Barbell Australia QWA League in 2017, the Personal Best results for Snatch, Clean & Jerk and Total are those achieved in any official weightlifting competition held after 1st January 2015. Personal Best results are absolute and independent, i.e. the Personal Best Snatch, Personal Best Clean & Jerk and Personal Best Total may have been achieved in different events and in different bodyweight categories.

Grand Final

Participation in the Grand Final is limited to the ten (10) highest point scorers in each of Division 1, Division 2, Division 3 and Division 4, based upon the individuals' aggregate score from the two competition rounds.

If any of the ten (10) highest point scorers in a Division choose not to contest the Grand Final, available places will be offered to other lifters in the relevant Division according to the ranking order of the aggregate scores from the two Rounds, up until five (5) days prior to the Grand Final. No substitutions will be made less than five (5) days prior to the date of the Grand Final.

The Grand Final will be conducted according to the competition rules of the Australian Weightlifting Federation.

Scoring in the Grand Final is by the same method used in the League Rounds. Point scores are calculated to the third decimal place. If two or more competitors in a Division achieve identical scores, they will share the placing and applicable prize.

Awards

The three highest point scorers in each Division of the Grand Final will be awarded trophies.

