



QWA CALENDAR 2019

DATE	COMPETITION NAME	Location
January 5	Brisbane Barbell Club Competition	Chandler
January 18-20	Queensland Masters Championships	Milton
February 1	Qld Club Challenge Round 1 – Cairns Green Ants	Redlynch
February 2	Qld Club Challenge Round 1 – Berserker Barbell Club	Mackay
February 2	Qld Club Challenge Round 1 – Brisbane Barbell Club	Bowen Hills
February 2	Qld Club Challenge Round 1 – Burleigh Barbell Club	Burleigh West
February 2	Qld Club Challenge Round 1 – Cougars Weightlifting Club	Chandler
February 2	Qld Club Challenge Round 1 – CQ Mavericks Weightlifting Club	Rockhampton
February 2	Qld Club Challenge Round 1 – Dungeon Barbell Club	Manunda
February 2	Qld Club Challenge Round 1 – Fusion Weightlifting	Maroochydore
February 2	Qld Club Challenge Round 1 – Jimboomba Barbell Club	Jimboomba
February 2	Qld Club Challenge Round 1 – Milton Weightlifting Club	Milton
February 2	Qld Club Challenge Round 1 – North Brisbane Weightlifting Assn	Zillmere
February 2	Qld Club Challenge Round 1 – Saints Weightlifting Club	Miles
February 2	Qld Club Challenge Round 1 – Stack City Weightlifting Club	Mt Isa
February 2	Qld Club Challenge Round 1 – Stay True Weightlifting Club	Gympie
February 2	Qld Club Challenge Round 1 – Sunshine Coast Weightlifting Club	Nambour
February 2	Qld Club Challenge Round 1 – Toowoomba Weightlifting Assn	Toowoomba
February 2	Qld Club Challenge Round 1 – Whitsunday Weightlifting Club	Proserpine
February 23 - 24	QWA League Round 1 (QWA Management Committee meeting)	Cougars
March 2	Cougars Club Competition	Chandler
March 2	Berserker Barbell Club Competition	Mackay
March 8-15	IWF Youth World Championships	Las Vegas, USA
March 16-17	Australian Masters Championships	Darwin, NT
March 23	Jimboomba Barbell Club Competition	Jimboomba
March 23	Toowoomba Weightlifting Assn Club Competition	Toowoomba
March 30	Sunshine Coast Weightlifting Club Open Competition	Nambour
April 3	Bribie Island Movement & Strength Club Competition	Caboolture
April 6 – 7	QWA League Round 2	Toowoomba
April 27-29	Arafura Games	Darwin, NT
May 3-5	Queensland Senior Championships (QWA Management Committee meeting)	Cougars
May 17	Qld Club Challenge Round 2 – Whitsundays Weightlifting Club	Proserpine
May 17	Qld Club Challenge Round 2 – Cairns Green Ants	Redlynch
May 18	Qld Club Challenge Round 2 – Brisbane Barbell Club	Bowen Hills
May 18	Qld Club Challenge Round 2 – Burleigh Barbell Club	Burleigh West
May 18	Qld Club Challenge Round 2 – Cougars Weightlifting Club	Chandler
May 18	Qld Club Challenge Round 2 – CQ Mavericks	Rockhampton
May 18	Qld Club Challenge Round 2 – Dungeon Barbell Club	Manunda
May 18	Qld Club Challenge Round 2 – Fusion Weightlifting	Maroochydore
May 18	Qld Club Challenge Round 2 – Jimboomba Barbell Club	Jimboomba
May 18	Qld Club Challenge Round 2 – Milton Weightlifting Club	Milton
May 18	Qld Club Challenge Round 2 – North Brisbane Weightlifting Assn	Zillmere
May 18	Oly in the Outback & Qld Club Challenge Round 2 – Saints Weightlifting Club	Miles
May 18	Qld Club Challenge Round 2 – Stack City Weightlifting Club	Mt Isa
May 18	Qld Club Challenge Round 2 – Stay True Weightlifting Club	Gympie



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May 18	Qld Club Challenge Round 2 – Sunshine Coast Weightlifting Club	Nambour
May 18	Qld Club Challenge Round 2 – Toowoomba Weightlifting Assn	Toowoomba
June 1-2	Queensland Junior & U23 Championships (QWA Management Committee meeting)	Toowoomba
June 1-8	IWF Junior World Championships	Suva, FIJ
June 15	Sunshine Coast Weightlifting Club Open Competition	Nambour
June 13-17	Commonwealth & Oceania Masters Championships	Gold Coast, AUS
June 21-23	AWF National Senior Championships	TBC
June 22	Bribie Island Movement & Strength Club Championships	Caboolture
June 29	North Queensland Open Championships	Townsville
June 29	Cougars Open Club Competition	Chandler
July 8-20	Pacific Games and Commonwealth & Oceania Championships	Apia, SAM
July 13	Stay True Open Club Competition	Gympie
July 19	Cairns Green Ants Club Competition	Redlynch
July 20	Berserker Barbell Club Competition	Mackay
July 26-28	Queensland Youth & U15 Championships	TBC
August 10	North Brisbane Weightlifting Assn Club Competition	Zillmere
August 10-11	AWF National Junior & U23 Championships	Sydney
August 17	Sunshine Coast Weightlifting Club Open Competition	Nambour
August 15-23	IWF Masters World Championships	Montreal, CAN
August 24	Cougars Open Club Competition	Chandler
August 24	Southside Storm Open Club Competition	Coopers Plains
September 7-8	QWA League Round 3 (QWA Management Committee meeting)	TBC
September 14	Cougars Open Club Competition	Chandler
September 16-25	IWF World Championships	Pattaya, THA
September 28-29	AWF National Youth & U15 Championships	Cougars, Chandler
October 4	Qld Club Challenge Round 3 – Cairns Green Ants	Redlynch
October 4	Qld Club Challenge Round 3 – Jimboomba Barbell Club	Jimboomba
October 4	Qld Club Challenge Round 3 – Stay True Weightlifting Club	Gympie
October 5	Qld Club Challenge Round 3 – Berserker Barbell Club	Mackay
October 5	Qld Club Challenge Round 3 – Brisbane Barbell Club	Bowen Hills
October 5	Qld Club Challenge Round 3 – Burleigh Barbell Club	Burleigh West
October 5	Qld Club Challenge Round 3 – Cougars Weightlifting Club	Chandler
October 5	Central Queensland Championships and Qld Club Challenge Round 3 – CQ Mavericks Weightlifting Club	Rockhampton
October 5	Qld Club Challenge Round 3 – Dungeon Barbell Club	Manunda
October 5	Qld Club Challenge Round 3 – Fusion Weightlifting	Maroochydore
October 5	Qld Club Challenge Round 3 – Milton Weightlifting Club	Milton
October 5	Qld Club Challenge Round 3 – North Brisbane Weightlifting Assn	Zillmere
October 5	Qld Club Challenge Round 3 – Saints Weightlifting Club	Miles
October 5	Qld Club Challenge Round 3 – Stack City Weightlifting Club	Mt Isa
October 5	Qld Club Challenge Round 3 – Sunshine Coast Weightlifting Club	Nambour
October 5	Qld Club Challenge Round 3 – Toowoomba Weightlifting Assn	Toowoomba
October 5	Qld Club Challenge Round 3 – Vivid Barbell Club	Emerald
October 5	Qld Club Challenge Round 3 – Whitsunday Weightlifting Club	Proserpine
October 19-20	QWA League Grand Final	Milton
November 4	Brisbane Barbell Club Competition	Bowen Hills



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November 8-10	Queensland All Schools Championships (QWA Management Committee meeting)	St Andrew's College, Gold Coast
November 9	Berserker Barbell Club Competition	Mackay
November 16	Jimboomba Barbell Club Competition	Jimboomba
November 22-24	AWF Australian Open	TBC
December 7	Cougars Weightlifting Club Mike Keelan Shield Competition	Chandler
December 7	Bribie Island Movement & Strength Club Xmas Competition	Caboolture
December 7	"The Lawrie" – NBWA Xmas Competition	Zillmere
December 7	Whitsunday Weightlifting Club Competition	Proserpine
December 13	Cairns Green Ants Club Competition	Redlynch
December 14	Stay True Xmas Competition	Gympie
December 14	Sunshine Coast Weightlifting Club Bob Henderson Shield Competition (SCWC members only)	Nambour
December 14	Toowoomba Weightlifting Assn Club Competition	Toowoomba
December	Pacific Cup International	Mont Dore NCL
December 21	Brisbane Barbell Club Competition	Bowen Hills

All weightlifting events are subject to drug testing by the Australian Sports Anti-Doping Authority and any competitor in a weightlifting event may be selected by ASADA for testing.

Entry into all QWA endorsed events must be made online.

The closing date for entries for all QWA State events is 3 weeks prior to the competition date.

The closing date for all Club events will be the Sunday of the week prior to the competition date/week.

The qualifying period for the 2019 Queensland Senior Championships is 24th March 2018 – **7th April 2019**. The minimum standards for entry in the Queensland Senior Championships is *AWF National Grading scale I* for men and women.

The qualifying period for the Queensland Junior & U23 Championships is 12th May 2018 – 12th May 2019. The minimum standard for entry in the Queensland Junior & U23 Championships is *AWF National Grading scale K* for both men and women.

There is no minimum qualifying standard for Queensland U15, Youth, School, or Masters Championships, although a minimum weight of 15kg is required for first attempts in the competition.

To be eligible to be selected to represent the QWA at the 2019 National Senior Championships, National Junior/U23 Championships, National U15/Youth Championships and/ or National Masters Championships, athletes must compete ** in the equivalent age grouped 2019 Queensland Championships. E.g. a lifter must compete at the Queensland U15 Championships if they wish to be entered in the National U15 Championships.

**Regional members can elect to lift at a QWA endorsed local competition within 6 weeks of each State Championships to qualify for the National Championships that the competition relates to. The intention of using this system must be communicated to the QWA office by email, by the member, at the time that the results of the competition are submitted to the QWA for uploading to the AWF website.

**An exemption from these conditions may apply in special circumstances. Refer to Section 2 of the QWA Team Selection Policy. The QWA Team Selection Policy is available from the QWA web site: [QWA Selection Policy](#)



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There are no refunds or transfers of credit available on competition entry fees.

Competition dates and venues are subject to change up to 14 days before the competition date.