



2021 QWA State Junior & U23 Championships

20-21st February @ Noosa Weightlifting Club, CrossFit Noosa

26 Project Ave, Noosaville.

Session:	Weigh-in Start	Weigh-in Finish	Competition Start
Saturday 20th Feb			
1 F45,49, 55, 59 (5)	7.00am	8.00am	9.00am
2 M55, 61, 67, 73 (8)	8.30am	9.30am	10.30am
3 F64 (8)	10.30am	11.30am	12.30pm
4 M81 (5)	12.30pm	1.30pm	2.30pm
5 F71, 76, 81, 87, 87+ (8)	2.00pm	3.00pm	4.00pm
Sunday 21st Feb			
6 M89 (8)	7.00am	8.00am	9.00am
7 M96, 102, 109, 109+ (5)	9.00am	10.00am	11.00am

Saturday

	Session 1	7-8am Weigh-in	9.00am start				
98	F55	Sophie Daley	F	2007	Junior	U23	90
92	F59	Kayla Miller-Gorce	F	1999	X	U23	109
227	F59	Lily Strange	F	2004	Junior	U23	145
230	F59	Tori Gallegos	F	2003	Junior	u23	160
291	F59	Eden Gorrel	F	2002	Junior	U23	110
400	F59	Chloe Saliba	F	2006	Junior	U23	112
	F59	Halle Mifsud	F	2000	X	U23	Exempt

	Session 2	8.30-9.30am Weigh-in	10.30am start				
	M55	Jack Gibson	m	_2004	Junior	u23	Exempt
23	M61	Ryan Collins	M	1999	X	U23	148
140	M61	Levi Deans	M	2006	Junior	U23	145
216	M67	Luke Bidgood	M	2004	Junior	U23	163
275	M67	Tait Stuart	M	2005	Junior	X	125
	M67	Harper Manz	M	2004	Junior	U23	exempt
72	M73	Lachlan Lumb	M	2003	Junior	U23	187
208	M73	Joshua Swanepoel	M	2003	Junior	X	139
209	M73	Tristan Gibson	M	1999	X	U23	195
267	M73	Harry Johnson	M	2005	Junior	U23	180
	Session 3	10.30-11.30am Weigh-in	12.30pm start				
17	F64	Katie Knight	F	2005	Youth	U23	100
19	F64	Grace Davies	F	2005	Junior	U23	145
42	F64	Adelaide Utz	F	2004	Junior	U23	136
53	F64	Briony Challis	F	2000	X	U23	160
103	F64	Ciara Taylor	F	1998	X	U23	110
112	F64	Emmanuela Romano	F	1998	X	U23	115
119	F64	Elle Toomey	F	2000	Junior	U23	139
123	F64	Taleea Menyweather	F	1998	X	U23	150
	Session 4	12.30-1.30pm	2.30pm start				
76	M81	Tyler Isonaga	M	2001	Junior	U23	176
81	M81	Lochlan Roberts	M	2005	Junior	U23	166
108	M81	Rory Scott	M	1999	X	U23	230
157	M81	Zac Schwitter	M	1998	X	U23	232
192	M81	Michael Nides	M	2002	Junior	U23	230
	M81	Aiden Simkin	m	_2002	Junior	U23	Exempt

	Session 5	2.00-3.00pm Weigh-in	4.00pm start				
131	F71	Sophie Wann	F	2002	Junior	U23	153
149	F71	Amity Salisbury	F	2003	Junior	U23	111
246	F71	Maddison Power	F	2003	Junior	U23	180
	F71	Ruby Carwardine	F	2002	Junior	U23	Exempt
296	F76	Kylie Salisbury	F	2002	Junior	U23	123
	F76	Emily de Rooy	f	_2000	Junior	U23	Exempt
153	F81	Erica Hamilton	F	2001	Junior	U23	157
	F81	Kelsey Francis	F	2002	Junior	U23	Exempt
14	F87	Te Korua Watene	F	2004	Junior	U23	140
213	F87+	Cayle Johnson	F	2004	Junior	U23	141
243	F87+	Tamika Solofa	F	2002	Junior	U23	145
	F87+	Charisma Amoe-Tarrant		_1999	X	U23	Exempt
		Sunday					
	Session 6	7.00-8.00am Weigh-in	9.00am start				
40	M89	Jordan Wilson	M	2003	Junior	U23	237
121	M89	Taj Marsh	M	2004	Junior	U23	227
199	M89	Tyler Woolfe	M	1999	X	U23	190
215	M89	Zac Aldiss	M	1998	X	U23	225
247	M89	Kyle Evans	M	1999	X	U23	221
271	M89	Joshua Mak	M	1999	X	U23	175
292	M89	Maximilian Clark	M	2000	Junior	U23	230
293	M89	Max Toller	M	2003	Junior	U23	235
301	M89	Ryven Ewing	M	2002	Junior	U23	245
	M89	Jaspa Hope	M	2002	Junior	U23	Exempt
	Session 7	9.00-10.00am Weigh-in	11.00am start				
39	M96	Ahrie Jerred	M	2000	Junior	U23	224
142	M96	Braydan Fender	M	1998	X	U23	260
206	M96	Angus Loft	M	2003	Junior	X	160
117	M109	Tashaun Solofa	M	2005	Junior	U23	200
93	M109+	Angus Ward	M	2003	Junior	U23	248

COMPETITION INFORMATION

All competitors are expected to volunteer for a least one session during the competition program, or organise for a family member or friend to do this for them. The link to the Sign-up Schedule will be circulated as soon as it becomes available.

- Photo ID and Starting Weights must be presented at Weigh-in.
- Verification of entries to confirm bodyweight category is via email to gwa@gwa.org or text 0438031377 by 12.00pm Thursday 18th February.
- Lifters who fail to make weight will be unable to lift in any capacity in the competition.
- **The 20kg rule will be in use. For more information re this rule refer to:**
<https://www.iwf.net/downloads/?did=598> page 71.

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:

- 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
- Patterned unitards
- Lifting belts wider than 120mm

AWARDS:

Junior competitors who have achieved the U23 age group qualifying standard will be automatically entered in the U23 competition as well as the Junior age group.

Medals for 1st, 2nd & 3rd place in all bodyweight categories

Best lifter trophies: Best Junior Female lifter; Best Junior Male lifter; Best U23 Female

Lifter; Best U23 Male lifter (calculated using Sinclair)

Most Improved Performance Award trophies: Best Junior Female lifter; Best Junior Male lifter; Best U23 Female lifter; Best U23 Male Lifter.

The nearest Sauna facility is located in Noosa Junction and is called "Franks Gym".

STAFFED HOURS

Monday - Thursday: 7am - 6.30pm

Friday: 7am - 5pm

Saturday: 7am - 12pm

Sunday: 8am - 11 am

Contact Us

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Prepare for your competition experience - log into your QWA account and select the "Online referee training" option.

It's free of charge and will give you an idea of what the referees will be on the lookout for.