



QWA State U13/U15 & Youth Championships
12-13 June 2021
Milton Weightlifting Club

Session:	Weigh-in Start	Weigh-in Finish	Competition Start
Saturday 12th June			
1: F40, F45, F49 (4)	7.00am	8.00am	9.00am
2: M49, M55 (8)	8.30am	9.30am	10.30am
3: U13 Modified competition F & M (12)	11.30am	12.00pm	12.30pm
4: F55, F59 (12)	12.30pm	1.30pm	2.30pm
5: M61, 67 (12)	2.30pm	3.30pm	4.30pm
Sunday 13th June			
6: F64, F71 (10)	7.00am	8.00am	9.00am
7: M73, M81 (12)	9.00am	10.00am	11.00am
8: F76, F81, F81+ (9)	11.00am	12.00pm	1.00pm
9: M89, 96, 102, 102+ (11)	1.00pm	2.00pm	3.00pm

	BWCat	Name	M/F	YOB	U15	Youth	Club	EntryTotal
Session 1		7-8am weigh-in	9am start					
19	F40	Amelie Graham	F	2008	Y	y	Ipswich	61
20	F45	Summer Johns	F	2008	Y	Y	Whitsunday	30
246	F45	Zoe Christie	F	2008	Y	Y	Cougars	70
14	F49	Olivia Coker	F	2008	Y	Y	Ipswich	75
Session 2		8.30-9.30am weigh-in	10.30am start					
213	M49	Asher Manz	M	2007	Y	Y	Burleigh Barbell	102
214	M49	Archer Turner	M	2007	Y	Y	Toowoomba	52
243	M49	Fedor Roganov	M	2008	Y	Y	Whitsunday	86
286	M49	Tristan Higham	M	2007	Y	Y	Unattached	60
72	M55	Kyle Finch	M	2007	Y	Y	Vivid	80
97	M55	Ethan Fairley	M	2006	Y	Y	None	30
157	M55	Zavier Cranston	M	2006	Y	Y	Whitsunday	43
259	M55	Samuel Honeywood	M	2008	Y	Y	None	60
Session 3	Modified	11.30-12.00pm weigh-in	12.30pm start					
31	U13	Brock Miller	M	2010			Unattached	40
32	U13	Jacob Orr	M	2010			CWC	30
76	U13	Marcella Kendall	F	2009			Stay True	30
81	U13	Atticus Manz	M	2010			Burleigh Barbell	61
121	U13	Zaine Robinson	M	2009			Unattached	55
177	U13	Manning Jeffrey	M	2009			STWC	40
192	U13	Arabella Soutar	F	2011			Milton	30
204	U13	Jacob Horne	M	2011			Milton	33
215	U13	Connor Tonkin	M	2011			Milton	30
271	U13	Lexi Seesink	F	2009			None	58
292	U13	Tyson Eaborn	M	2009			CWC	30
293	U13	Lawson Solofa	M	2013			IWC	58

Session 4		12.30-1.30pm weigh-in	2.30pm start					
40	F55	Aliyah Brightwell	F	2004	N	Y	Jimboomba	103
86	F55	Sydney Johnson	F	2008	Y	Y	Cougars	58
95	F55	Amelia Baiada	F	2006	Y	Y	Cougars	80
104	F55	Lucy Webb	F	2007	Y	Y	Cougars	62
199	F55	Jessica Brouff	F	2005	N	Y	Milton	96
206	F55	Sophie Daley	F	2007	Y	Y	Toowoomba	101
301	F55	Holly Souter	F	2008	Y	Y	Toowoomba	78
39	F59	Kaiya Ngahina Marsh	F	2006	Y	Y	Noosa Barbell	91
93	F59	Kleo Isaac	F	2004	N	Y	Stay True	74
117	F59	Katie Ward	F	2004	N	Y	Milton	99
159	F59	Shanya Hempsted	F	2008	Y	Y	Unattached	62
220	F59	Lily Strange	F	2004	N	Y	North Brisbane	150
297	F59	Lauren Hastings	F	2004	N	Y	Burleigh Barbell	100
Session 5		2.30-3.30pm weigh-in	4.30pm start					
9	M61	Joshua Strange	M	2006	Y	Y	North Brisbane	165
12	M61	Will Chandler	M	2006	Y	Y	Milton	104
70	M61	Levi Cobb	M	2005	N	Y	Cougars	135
184	M61	Levi Deans	M	2006	Y	Y	Sunshine Coast	149
272	M61	Ben Knox	M	2008	Y	Y	Whitsunday	63
45	M67	Harper Manz	M	2004	N	Y	Burleigh Barbell	190
68	M67	Tait Stuart	M	2005	N	Y	Toowoomba	131
78	M67	Cooper Knox	M	2007	Y	Y	Whitsunday	105
130	M67	Connor Hopgood	M	2008	Y	Y	None	80
133	M67	Logan Weaver	M	2005	N	Y	Vivid	200
136	M67	Levi Davidson	M	2008	Y	Y	BIMSC	90
138	M67	Tyson Williams-Allen	M	2007	Y	Y	Whitsunday	90

Session 6		7.00-8.00am weigh-in	9.00am start					
30	F64	Natasha Lynch	F	2006	Y	Y	None	115
125	F64	Adelaide Utz	F	2004	N	Y	Ipswich	136
142	F64	Jorja Knox	F	2007	Y	Y	Whitsunday	57
191	F64	Jessica Gorka	F	2004	N	Y	Cougars	132
239	F64	Madison McDonald	F	2005	N	Y	None	113
254	F64	Nya Hayman	F	2005	N	Y	Cougars	142
400	F64	Layla Bloom	F	2005	N	N	GUEST	120
3	F71	Louisiana Pegg	F	2004	N	Y	Vivid Barbell	70
22	F71	Gabi Williams	F	2006	Y	Y	Vivid Barbell	80
48	F71	Jacinta Sherwell	F	2006	Y	Y	Olypower	126
233	F71	Grace Davies	F	2005	N	Y	Cougars	157
Session 7		9.00-10am weigh-in	11.00am start					
2	M73	Luke Bidgood	M	2004	N	Y	Saints	163
26	M73	Kahvarn Morrison	M	2005	N	Y	Ipswich	120
135	M73	Alasana Matautia	M	2007	Y	Y	Ipswich	75
190	M73	Leon Henderson	M	2007	Y	Y	Whitsunday	75
37	M81	Harvey Steffen	M	2006	Y	Y	Toowoomba	63
96	M81	Leyland Hempsted	M	2006	Y	Y	Unattached	110
118	M81	Izeiah Dass	M	2004	N	Y	Magnetic	120
139	M81	Stefanos Karanicolas	M	2007	Y	Y	Milton	130
147	M81	Joshua Reynolds	M	2004	N	Y	Jimboomba	180
279	M81	Bart Steffen	M	2005	N	Y	Toowoomba	169
Session 8		11-12.00pm weigh-in	1.00pm start					
66	F76	Lily Hayes	F	2008	Y	Y	Ipswich	81
156	F76	Eve Davies	F	2007	Y	Y	Cougars	64
240	F76	Selina Richards	F	2008	Y	Y	Toowoomba	95
245	F76	Jessica Rowe	F	2005	N	Y	Toowoomba	111
257	F76	Alana Castle	F	2007	Y	Y	Noosa Barbell	113
47	F81+	Skye Wilson	F	2005	N	Y	Vivid Barbell	120
74	F81+	Cayle Johnson	F	2004	N	Y	Cougars	142
107	F81+	Addison Jeffries	F	2008	Y	Y	Ipswich	90
189	F81+	Manaia Ruka	F	2005	N	Y	Cougars	128
196	F81+	April Laurikainen	F	2004	N	Y	None	85

Session 9		1.00-2.00pm weigh-in	3.00pm start					
25	M89	Josh Sargeant	M	2004	N	Y	Cougars	240
73	M89	Kyle Munyard	M	2006	Y	Y	BIMSC	138
85	M89	Lachlan Little	M	2005	N	Y	Cougars	150
173	M89	Luca Porfyriou	M	2008	Y	Y	Milton	35
211	M89	Dylan Keeley	M	2005	N	Y	Unattach	130
224	M89	Taj Marsh	M	2004	N	Y	Noosa Barbell	240
256	M89	Lewis Symonds	M	2005	N	Y	Unattached	200
273	M89	Codie Sellars	M	2004	N	Y	Stay True	126
29	M96	Archie Hohn	M	2004	N	Y	Cougars	120
290	M96	Hilton Im	M	2007	Y	Y	Cougars	138
114	M102	Sylvan Richardson	M	2004	N	Y	Bounce	210
163	M102+	Tashaun Solofa	M	2005	N	Y	Ipswich	221
232	M102+	Joshua Sweet	M	2006	Y	Y	Ipswich	70
	Exempt	Shakira Newham	F	2004	N	Y	Thunder Barbell	
	Exempt	Ika Ryan	F	2007	Y	Y	Thunder Barbell	
	Exempt	Lachlan Watt	M	2006	Y	Y	Thunder Barbell	
	Exempt	Lochlan Roberts	M	2005	N	Y	Cougars	
	Exempt	Ellie Tuluauau	F	2008	Y	Y	Ipswich	
	Exempt	Nate Thorley	M	2008	Y	Y	Ipswich	

COMPETITION INFORMATION

CHANGES TO BODYWEIGHT CATEGORY: Now closed.

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 Sign-up Schedule link information will be circulated later this week. We would really love to see the athletes from Session 1 & 2 staying on to volunteer for Session 3 – the younger age-group of the weekends event 😊

As the venue has a large capacity there will be no requirement to book spectator seating. However, **COVID Safe** Contact Tracing will require you to check-in via your device on arrival at the venue. Look for the signs when you arrive.

Remember:

Please wash your hands or use hand sanitizer; and do not attend if you are unwell or currently Isolating.

We appreciate your assistance and cooperation in meeting these requirements.

Check in and you're good to go!

We're using the new Check In Qld app to help keep you COVID safe the next time you visit.

All you need to do is:

- ✓ visit www.covid19.qld.gov.au/check-in-qld for links to download the app from Google Play or Apple App stores
- ✓ enter your details once when you first open the app
- ✓ open the app when you next visit us
- ✓ select 'Check in Now' and scan or enter our code

Using this digital check in means your details will be stored securely by the Queensland Government for 56 days to assist with COVID-19 contact tracing (if needed).

The Check In Qld app is safe, secure and private. By using it, you are helping Queensland's pubs, clubs, restaurants and cafes to stay open, and you can visit us with confidence, knowing you can be contacted quickly and easily if there is any risk of exposure to the virus.

Thank you. We look forward to seeing you again soon.

Minimum Competition uniform requirements:

- Close-fitting pants (shorts/bike pants) and a close-fitting t-shirt that does not cover the elbows.

COMPETITORS MAY ALSO WEAR:

- A one-piece lifting suit
- 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
- Lifting belts wider than 120mm

PHOTO ID MUST BE PRESENTED AT WEIGH-IN

For those that do not have a passport or photo ID student card, you will need to copy and show your birth certificate, together with a current photo to a JP, for signed verification. This document will then be able to be used as ID at weigh-in for this competition and also for National Championships.

MINIMUM WEIGHT:

The minimum weight that can be attempted at QWA State Championships is 15kg. Rules for the modified Under 13 competition can be found below.

AWARDS:

Medals for 1st, 2nd & 3rd place in all bodyweight categories in both U15 and U17 age groups

Best lifter trophies: Best U15 Female; Best U15 Male lifter; Best U17 Female lifter; Best U17 Male lifter. (calculated using Sinclair)

U13 Modified competition Participation medals for all competitors and Best lifter trophies for Best U13 Male and Best U13 Female calculated using Sinclair points. Attempt cards will be used for this session, however you will note some options for weight changes have been removed.

AWF Competition Regulations for Participants Under the Age of 13 Years

Effective 1 July 2020

The Australian Weightlifting Federation (AWF) prescribes the following modified competition regulations to promote safe and enjoyable participation in weightlifting for children who are aged 12 and under at 31 December in the current calendar year (“Child Participants”). These modified regulations apply to weightlifting competitions conducted by the AWF, AWF State Members and affiliated Weightlifting Clubs.

The AWF, AWF State Members, affiliated Weightlifting Clubs, and individual members of any of the above who contribute to the organisation and/or delivery of weightlifting competitions have an obligation to take all reasonable precautions to avoid the risk of injury to participants, especially children.

Regulations for Open Competitions and all Championships (including U15 and School Championships)

Modified Rules

Child Participants must not participate in the same competition sessions as older participants.

Exclusive sessions must be conducted for Child Participants only. These sessions **may** be adjudicated by one Referee.

Child Participants must always be supervised and instructed by an accredited AWF Licenced Weightlifting Coach while engaged in weightlifting activities, including competitions.

Child Participants must wear clothing that is age appropriate, i.e. not too revealing or suggestive. For example, a T-shirt or singlet that completely covers the torso, and sport shorts, would be an acceptable outfit. They are not required to wear a one-piece weightlifting costume but may do so if they choose. They must wear closed-in shoes that provide protection, grip and stability.

Modified barbells, e.g. aluminium bars, plastic discs, plastic collars, etc., may be used by Child

Participants in competition.

There are no Bodyweight Categories and no Records for Child Participants. Children are encouraged to participate in weightlifting for their enjoyment, and to develop and practice skills. Child Participants are weighed for the purpose of consistency in results management.

Weigh-in Procedure for Child Participants

- The weigh-in commences one hour before the start of the competition session and lasts for 30 minutes.
- The weigh-in is conducted in an open area, or in a room which is open to public view, i.e. the door must remain open when there is a child in the room.

- Child Participants may remove their shoes and socks, but otherwise they remain clothed and are weighed in the presence of two adults.
- It is strongly recommended that the child's parent/guardian be present at the weigh-in whenever possible.

Results

While the focus of the participation of children should be on enjoyment and learning, it is still useful to record results for their own interest and to track their progress. The results of Child Participant sessions should be uploaded to the AWF website along with all other competition sessions. The AWF results system will separate the Child Participants' sessions from the main competition, in the presentation of results on the website. Note that only results by those aged over 10yrs of age will appear on the AWF website. You will however be able to locate results for the U10's on the QWA website.