



Saturday 23rd & Sunday 24th October 2021

Venue: Bribie Island State Primary School

31-63 First Avenue, Bribie Island

Hosted by Bribie Island Movement & Strength Club

Pre-orders of QWA merchandise can be made via the QWA website for collection at the event.

Only limited amounts of other items will be available onsite.

SATURDAY				
Session	Category	Numbers	Weigh-in	Start
1	U13 F Modified	7	7.00-7.30am	8.00am
2	U13 M Modified	6	8.30-9.00am	9.30am
3	U13 M Modified	6	10.00-10.30am	11.00am
4	F45, F49, F55,	11	10.30-11.30am	12.30pm
5	M49, M55, M61	10	12.30-1.30pm	2.30pm
6	F59	5	2.00-3.00pm	4.00pm

SUNDAY				
7	F64, F71	13	7.00-8.00am	9.00am
8	M67	5	9.00-10.00am	11.00am
9	M73, M81, M89	14	10.30-11.30am	12.30pm
10	F76, F81, F81+	10	1.00-2.00pm	3.00pm
11	M96, M102, M102+	6	2.30-3.30pm	4.30pm

Changes to nominated bodyweight categories must be notified prior to the verification of final entries 12:00 noon on Thursday 21st October 2021.

Changes are to be made by email to qwa@qwa.org or text: 0438031377

Please note this updated version of the competition schedule shows lifters from regional areas who will have already lifted prior to the competition this weekend. The results of these lifters will appear on the competition scoreboard at the start of each session.

Eligibility (All entrants):

Must be students enrolled in a Queensland school in 2021;

QWA members who attend a school outside of Queensland are able to register for the competition and compete as guests;

Must be current members of the QWA.

Weigh-in: In this **participation event** athletes who fail to make weight will be permitted to lift as guests. **Photo ID is required at weigh-in.** Options for obtaining photo ID – take a copy of birth certificate along with a recent photo to JP to sign off OR School ID that contains photo and DOB.

General Information

Minimum weight: The minimum weight that can be attempted in this QWA **participation competition** is 5kg. Equipment in use will be a 5kg bar

up to a total loaded weight of 20 kg, then a 15kg bar up to a total loaded weight of 35kg for males then transition to the 20kg bar. Females will of course stay with the 15kg bar.

Outfit of Competitors: a) One-piece costume as per IWF Technical Rules

or

b) A two-piece costume consisting of bike shorts plus a collarless T-shirt or singlet of plain color. The costume must cover the torso but must not cover the elbows or knees

or

c) Official school sports uniform provided it is similar to above.

Individual Competition

Bodyweight Categories: Male: 49, 55, 61, 67, 73, 81, 89, 96, 102, 102+

Female: 40, 45, 49, 55, 59, 64, 71, 76, 81, 81+

In this participation event athletes who do not make weight in their bodyweight category are able to lift as guests in that same session. The 20kg rule in relation to entry totals will not be used in this competition.

Age Categories: Open Male; Open Female; Under 15 Male; Under 15 Female; Under 13 Male; Under 13 Female

Age Classification:

Under 13 competitors are those who have not yet turned 13 years old by the date of the competition. They will be participating in a modified event.

Under 15 competitors are those who were born in 2006 or later.

Open competitors are current primary or secondary school students of any age.

NB. Under 15 competitors are automatically classified in both age group competitions. However, this does not apply to those in the modified competition.

Individual Awards: Gold, Silver and Bronze medals are awarded for 1st, 2nd and 3rd place in each bodyweight Category, in **Open** and **Under 15 only**.

Participation medals will be awarded to all U13 participants.

Best Lifter Awards: Open Male; Open Female; Under 15 Male; Under 15 Female; Under 13 Male; Under 13 Female.

Male Team Competition AND Female Team Competition

Team Composition: **Teams consist of at least 2 athletes and no more than 5 athletes.** All team members must be of the same gender. Team members may be of any age, i.e. there is no separation of age groups in the team competition. All team members must be registered students of the same school. More than one team can be entered under the same school name. Those participating in the U13 modified event are unable to be included in school team selections.

Team Nomination: **Teams must be nominated at the close off of verification** of entries via email to qwa@qwa.org

Team Points: Team points are calculated as the sum of the IWF championship points achieved by the team members according to their placing within their bodyweight category regardless of age, i.e. the placing in the Open age category.

1 st place	28 points	14 th place	12 points
2 nd place	25 points	15 th place	11 points
3 rd place	23 points	16 th place	10 points
4 th place	22 points	17 th place	9 points
5 th place	21 points	18 th place	8 points
6 th place	20 points	19 th place	7 points
7 th place	19 points	20 th place	6 points
8 th place	18 points	21 st place	5 points
9 th place	17 points	22 nd place	4 points
10 th place	16 points	23 rd place	3 points
11 th place	15 points	24 th place	2 points
12 th place	14 points	25 th place	1 point
13 th place	13 points		

Conditions of Entry

Please note that in line with the Queensland Government approved Indoor Sport COVID Industry Safe Plan we reserve the right to monitor and restrict access to anyone who has:

- COVID-19 or has been in direct contact with a known case of Covid-19 within the last 14 days
- Flu-like symptoms or who is a high health risk (e.g. due to age or pre-existing conditions)
- Travelled to a COVID declared hotspot in last 14 days
- Has been advised by health authorities to self-isolate

You are required to:

Provide your contact details

Maintain social distancing when not in the Field of Play*

Maintain regular hand hygiene by washing your hands or using hand sanitiser

Thank you for your assistance in keeping us all safe

*Social distancing of 1.5m is not required in the dedicated areas of **Field of Play (warm-up and competition areas)**.

Session 1**Weigh-in 7-7.30am****U13****Club****Entry Total****Coach****Start 8am**

	Cassidy Cull	F	2011	U13	Ipswich	30	Jackson Solofa
	Elizabeth Goodwin	F	2010	U13	Ipswich	30	Jackson Solofa
	Alexis Baiada	F	2010	U13	Cougars	30	Miles Wydall
	Marcella Kendall	F	2009	U13	Stay True	32	Jemma Cowper
	Helena Hanlon	F	2009	U13	Sstorm	32	John Hanlon
	Lexi Seesink	F	2009	U13	None	62	Matthew Symonds
	Nylah Goble-Lote	F	2009	U13	None	100	Matthew Symonds
Whitsundays	Zara Knight	F	2012	U13	WWC	28	
Whitsundays	Stella Nitz	F	2010	U13	WWC	30	

Session 2**Weigh-in 8.30-9.00am****Start 9.30am**

	Owen Hanson	M	2010	U13	BIMSC	30	Jade Sharp
	Jacob Horne	M	2011	U13	Milton	35	Coral Quinell
	Connor Tonkin	M	2011	U13	Milton	40	Coral Quinell
	Keenan Baty	M	2011	U13	Magnetic	40	Dee Loft
	Ferghus McAleer	M	2010	U13	BIMSC	40	Jade Sharp
	Manning Jeffrey	M	2009	U13	Stay True	45	Jemma Cowper
Whitsundays	Charlie Nitz	M	2012	U13	WWC	14	
Whitsundays	Ryan Porter	M	2010	U13	WWC	41	

Session 3**Weigh-in 10-10.30am****Start 11.00am**

	Brock Miller	M	2010	U13	None	52	Matthew Symonds
	Damian Saunders	M	2009	U13	None	55	Malgorzata Soroka
	Zaine Robinson	M	2009	U13	None	58	Matthew Symonds
	Lawson Solofa	M	2013	U13	Ipswich	60	Jackson Solofa
	Jesse Saliba	M	2009	U13	SCWC	76	Barry Harden
	Samuel Honeywood	M	2008	U13	Milton	80	Coral Quinell

		Session 4 Weigh-in 10.30- 11.30am Start 12.30pm				U15	Open	School	Club	Entry Total	Coach
283	F45	Amelie Graham	F	2008	U15	Open	Ripley Valley State Secondary College	Ipswich	72	Jackson Solofa	
44	F49	Olivia Coker	F	2008	U15	Open	Saint Mary's college Ipswich	Ipswich	75	Jackson Solofa	
Townsville	F49	Shakira Newham	F	2004	X	Open	Ryan Catholic College	Thunder		Bryce Knight	
8	F55	Jayda Allen	F	2008	U15	Open	St John's College Nambour	SCWC	75	Barry Harden	
53	F55	Jessica Brouff	F	2005	X	Open	Lourdes Hill College	Milton	103	Coral Quinell	
56	F55	Holly Souter	F	2008	U15	Open		TWA	81	Greg Hobl	
72	F55	Lucy Webb	F	2007	U15	Open	Balmoral State High School	Cougars	80	Miles Wydall	
112	F55	Charlotte Goodwin	F	2006	U15	Open	Bremer High School	Ipswich	65	Jackson Solofa	
119	F55	Chloe Perkins	F	2006	U15	Open	Coombabah SHS	None	100	Adrienne Karn	
131	F55	Amelia Baiada	F	2006	U15	Open	Carmel College	Cougars	87	Miles Wydall	
263	F55	Ellie Tuluauau	F	2008	U15	Open	Westside Christian College	Ipswich	70	Jackson Solofa	
304	F55	Saige Groves	F	2008	U15	Open	Carmel College	Cougars	80	Miles Wydall	

Session 5
Weigh-in 12.30-
1.30pm
Start 2.30pm

271	M49	Asher Manz	M	2007	U15	Open	Home Education Qld	Burleigh	108	Callum Hannay
Whitsundays	M49	Fedor Roganov	M	2008	U15	Open	Proserpine SHS	WWC	83	
60	M55	Nate Thorley	M	2008	U15	Open	St Edmunds College	Ipswich	110	Jackson Solofa
108	M55	Archer Turner	M	2007	U15	Open	Mary MacKillop Catholic College	TWA	69	Greg Hobl
161	M55	Tristan Higham	M	2007	U15	Open	North Lakes State College	None	79	Matthew Symonds
259	M55	Lewis Holtham	M	2007	U15	Open	Sandgate State High School	Barbell 4017	90	
302	M55	Cooper Lydement	M	2007	U15	Open	Sandgate State High School			
Whitsundays	M55	Zavier Cranston	M	2006	U15	Open	Proserpine SHS	WWC	70	
St Andrews	M55	Will McGuire	M	2005	X	Open	St Andrews Tallebudgera		88	
81	M61	Joshua Strange	M	2006	U15	Open	St Benedicts	NBWA	180	Christian Hopper
247	M61	Levi Deans	M	2006	U15	Open	Burnside State High School	SCWC	154	Barry Harden
292	M61	Ethan Fairley	M	2006	U15	Open	Marist Ashgrove	None	80	Matthew Symonds
301	M61	Levi Cobb	M	2005	X	Open	Citipointe Christian College	Cougars	137	Angela Wydall
Whitsundays	M61	Ben Knox	M	2008	U15	Open	Proserpine SHS	WWC	55	Luke Gardner

Session 6
Weigh-in 2.00-3.00pm
Start 4pm

49	F59	Shanya Hempsted	F	2008	U15	Open	Berwah state school	None	75	Matthew Symonds
94	F59	Sophie Daley	F	2007	U15	Open	Centenary H SHS	TWA	113	Greg Hobl
149	F59	Chloe Saliba	F	2006	U15	Open	Kawana Waters State College	SCWC	117	Barry Harden
165	F59	Shanequa Timperley	F	2007	U15	Open	Bremer State High School	Ipswich	80	Jackson Solofa
246	F59	Tayla Stephens	F	2005	X	Open	Nambour Christian College	Cougars	139	Miles Wydall

SUNDAY
Session 7
Weigh-in 7-8AM
Start 9AM

Townsville	F64	Ika Ryan	F	2007	U15	Open	St Margaret Mary's Catholic college	Thunder	113	Bryce Knight
19	F64	Mikaela Doneley	F	2005	X	Open	Bremer state high school	Ipswich	30	Chelsea Weston
95	F64	Leela Petersen	F	2004	X	Open	St John Fisher College	Cougars	100	Angela Wydall
153	F64	Lauren Hastings	F	2004	X	Open		Burleigh	113	Callum Hannay
122	F64	Lily Hayes	F	2008	U15	Open	Faith Lutheran College Plainland	Ipswich	60	Jackson Solofa
214	F64	Lily Strange	F	2004	X	Open	St Benedict's college	NBWA	150	Christian Hopper
227	F64	Kaiya Ngahina Marsh	F	2006	U15	Open	Sunshine Beach State High School	Noosa	113	Eugene Te Manu Marsh
248	F64	Ella McIntyre	F	2006	U15	Open	Trinity College, Gladstone.	None	111	
267	F64	Eve Davies	F	2007	U15	Open	Mary MacKillop College	Cougars	74	Miles Wydall
296	F64	Kleo Isaac	F	2004	X	Open	Gympie State High School	Stay True	79	Jemma Cowper
123	F71	Natasha Lynch	F	2006	U15	Open	Qld Academies for Health Sciences	None	118	Matthew Symonds
146	F71	Sophie Sears	F	2008	U15	Open	Coomera Anglican College	None	70	Matthew Symonds
154	F71	Harper Talbot	F	2008	U15	Open	Mount Maria College	None	85	
305	F71	Jasmine Nichols	F	2007	U15	Open	St John Fisher College	Barbell 4017	80	Belinda Batty

Session 8
Weigh-in 9 - 10am
Start 11am

76	M67	Fraser Keeton	M	2006	U15	Open	Sandgate District State High School	Barbell 4017	85	Snezana Dakovic
110	M67	Levi Davidson	M	2008	U15	Open	St Michaels College	BIMSC	95	Jade Sharp
Whitsundays	M67	Tyson Williams-Allen	M	2007	U15	Open	Proserpine SHS	WWC	125	
192	M67	Finn Taylor	M	2007	U15	Open	Noosa Pengari Syeiner	Noosa Barbell	64	Eugene Te Manu Marsh
194	M67	Harper Manz	M	2004	X	Open	Home Education Qld	Burleigh	190	Callum Hannay
206	M67	Tait Stuart	M	2005	X	Open	Downlands College	Toowoomba	142	Gregory Hobl
272	M67	Jack Gibson	M	2004	X	Open	Bribie island state high school	BIMSC	201	Jade Sharp
St Andrews	M67	Asher Joseph	M	2006	U15	Open	St Andrews Tallebudgerra		86	Callum Hannay
St Andrews	M67	Lachlan Allen	M	2005	X	Open	St Andrews Tallebudgerra		110	Callum Hannay
St Andrews	M67	Charles McMahon	M	2005	X	Open	St Andrews Tallebudgerra		106	Callum Hannay

Session 9

Weigh-in 10.30-11.30am
Start 12.30pm

9	M73	Samuel Cartwright	M	2004	X	Open	Mount Gravatt State High School	Cougars	100	Angela Wydall
82	M73	Connor Hopgood	M	2008	U15	Open	Coomera Anglican College	None	100	Matthew Symonds
136	M73	Joshua Swanepoel	M	2003	X	Open	Mt Gravatt State High School	Cougars	189	Angela Wydall
Miles	M73	Luke Bidgood	M	2004	X	Open	Miles State High School	Saints	170	Sonia Stenhouse
Townsville	M73	Lachlan Watt	M	2006	U15	Open	Kirwan State High School	Thunder	157	Bryce Knight
Whitsundays	M73	Niall Tomas	M	2007	U15	Open	Proserpine SHS	WWC	73	
St Andrews	M73	Patterson Casey	M	2005	X	Open	St Andrews Tallebudgera		55	
31	M81	Harvey Steffen	M	2006	U15	Open	St Marys College	Toowoomba	90	Greg Hobl
32	M81	Leyland Hempsted	M	2006	U15	Open	beerwah state high school	None	130	Matthew Symonds
104	M81	Bart Steffen	M	2005	X	Open	St Mary's College	Toowoomba	187	Greg Hobl
215	M81	Jack Lafferty	M	2006	U15	Open	Good Shepherd Lutheran College	Noosa Barbell	140	Eugene Te Manu Marsh
220	M81	Izeiah Dass	M	2004	X	Open	Australian Industry Trade College	Magnetic	140	Dee Loft
293	M81	Matthew Hill	M	2006	U15	Open	Coombabah State High School	None	100	Matthew Symonds
303	M81	Alasana Matautia	M	2007	U15	Open	Marsden SHS	Ipswich	70	Jackson Solofa
39	M89	Lachlan Little	M	2005	x	Open	Carmel College	Cougars	155	Miles Wydall
40	M89	Lewis Symonds	M	2005	x	Open	Coombabah State High School	None	234	Matthew Symonds
117	M89	Lochlan Roberts	M	2005	x	Open	Brisbane State High School	Cougars	189	Miles Wydall
199	M89	Kyle Breytenbach	M	2005	x	Open	Coolum Beach Christian College	NWC	165	Mark Ireland
254	M89	Codie Sellars	M	2004	x	Open	Gympie state high school	Stay True	139	Jemma Cowper

Session 10
Weigh-in 1.00-2.00pm
Start 3.00pm

27	F76	Selina Richards	F	2008	U15	Open	Concordia College	TWA	98	Gregory Hobl
209	F76	Alana Castle	F	2007	U15	Open	Australian Christian College	Burleigh	113	Callum Hannay
243	F76	Maddison Power	F	2003	X	Open	Varsity College	Burleigh	188	Callum Hannay
286	F81	Lilliana Kendall	F	2006	U15	Open	James Nash SHS	Stay True	30	Jemma Cowper
20	F81+	Manaia Ruka	F	2005	x	Open	Wynnum state high school	Cougars	134	Angela Wydall
42	F81+	Saedy Goble-Lote	F	2006	U15	Open	Kings Christian College	None	90	Matthew Symonds
86	F81+	Cayle Johnson	F	2004	x	Open	Home School	Cougars	143	Miles Wydall
103	F81+	Abbey Hancock	F	2006	U15	Open	West Moreton Anglican College	Ipswich	77	Chelsea Weston
213	F81+	April Laurikainen	F	2004	x	Open	Kelvin Grove State College	None	110	Matthew Symonds
287	F81+	Addison Jeffries	F	2008	U15	Open	Bremer State High School	Ipswich	110	Jackson Solofa

Session 11
Weigh-in 2.30-3.30pm
Start 4.30pm

177	M96	Kyle Munyard	M	2006	U15	Open	Grace Lutheran College, Caboolture	BIMSC	156	Jade Sharp
157	M102	Hilton Im	M	2007	U15	Open	St Joseph's Nudgee College	Cougars	155	Miles Wydall
93	M102+	Tashaun Solofa	M	2005	x	Open	Bremer State High School	Ipswich	200	Jackson Solofa
121	M102+	Joshua Sweet	M	2006	U15	Open	St Edmunds College	Ipswich	80	Jackson Solofa
142	M102+	Joseph Haira-Te Maari	M	2005	x	Open	Mabel Park State High School	Magnetic	190	Dee Loft
184	M102+	Julius Tuluauau	M	2003	x	Open	Ipswich Grammar School	Ipswich	140	Jackson Solofa