



## 2022 QUEENSLAND JUNIOR & U23 CHAMPIONSHIPS

Location	<p>THUNDER BARBELL CLUB</p> <p><b>10 Parkside Drive, Condon, TOWNSVILLE</b></p>
Date of Competition	Saturday 9 July
Categories	<p>MEN – 55/61/67/73/81/89/96/102/109/109+</p> <p>WOMEN - 45/49/55/59/64/71/76/81/87/87+</p>
Verification of Final Entries	<p>Final Entries must be verified no later than 12:00 noon on Thursday 7 July 2022 via email to <a href="mailto:gwa@gwa.org">gwa@gwa.org</a> or text to 0438 031 377</p>
Regulations	<ul style="list-style-type: none"> <li>• Athletes competing in this event must produce Photo ID at the weigh-in. Failure to produce ID will result in the athlete not being permitted to contest the event.</li> <li>• Competition Uniform: Athletes must wear a one-piece lifting suit They may 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.</li> <li>• Competitors <b>can not</b> wear: Loose fitting clothing Anything that covers the elbows (apart from a unitard) Shirts with collars Any clothing that displays words, slogans, or images <b>other than</b> brand trademarks and/or weightlifting club / team names or logos Lifting belts wider than 120mm</li> <li>• Any athlete not registering a result in the Snatch <b>will not</b> be allowed to participate in the Clean &amp; Jerk section of the competition</li> <li>• <b>The 20kg rule will be in use at this competition</b></li> </ul>
Awards	<ul style="list-style-type: none"> <li>• Gold, Silver &amp; Bronze medals for each bodyweight category in both Junior &amp; U23 age-groups for males &amp; females</li> <li>• Best lifter trophies for males &amp; females in Junior &amp; U23 age-groups calculated using Sinclair points</li> <li>• Most improved lifter trophies (William Faulkner award) for males &amp; females in Junior &amp; U23 age-groups calculated using Forbes points</li> </ul>
Media	<ul style="list-style-type: none"> <li>• Live streaming has been organised for this event.</li> </ul>
Remember	<ul style="list-style-type: none"> <li>• <b>Please wash your hands or use hand sanitizer; and do not attend if you are unwell or currently Isolating.</b></li> </ul>

