



2023 event calendar

Entry into all QWA endorsed events must be made online at qwa.org

For qualifying periods and entry standards, visit qwa.org

JUN

2	IWF Grand Prix	Cuba
3	QWA AGM & Club Development Workshop	Brisbane
4	National Masters Squad Training	Chandler
10	Ipswich Weightlifting Club Competition	Ipswich
15	AWF Masters Championships	Sydney Sports Centre
17	Cougars Club Competition	Cougars
24	Physique Science QWA Club Challenge - Round 2	Various Qld locations

JUL

1	NQ Coach/Athlete Workshop with Miles Wydall	Cannonvale
8	NQ Open, with BER Physique Science QWA Club Challenge - Round 2	Mackay
	Physique Science QWA Club Challenge - Round 2	Various Qld locations
12	Commonwealth Youth, Junior & Senior Championships	International
15	SCWC Physique Science QWA Club Challenge - Round 2	Nambour
22	National Seniors Squad Training	Chandler
30	Body Express Barbell Club Competition	Helensvale

AUG

4	AWF Senior National Championships	Melbourne
20	IWF Masters World Championships	Krakow, Poland
26	QWA U13, U15 & Youth Championships	Ipswich

SEP

2	IWF World Championships	KSA
22	Sunshine Coast Weightlifting Club	Nambour

OCT

5	Oceania Youth, Junior & U23 Championships	International
21	National U15 & Youth Squad Training	Chandler
	Annual Bush Turkey Cup	Noosaville
28	Physique Science QWA Club Challenge - Round 3	Various Qld locations

NOV

3	AWF Youth & U15 National Championships	Perth
13	IWF World Junior Championships	Mexico
20	Pacific Games & Oceania Senior Championships	Honiara, Solomon Islands
25	Berserker Barbell Club Competition	Mackay
	Whitsunday Weightlifting Club Competition	Proserpine

DEC

1	IWF Grand Prix	Qatar
2	BIMSC Club Competition	Bribie Island
	QWA State Masters Championships, with Oly in the Outback	Miles
9	Milton Weightlifting Club Competition	Bowen Hills
	Cougars Cup	Chandler
	TWA Club Competition	Toowoomba
	'The Lawrie' NBWA Christmas Competition	Zillmere
16	Burleigh Barbell Christmas Competition	Burleigh West
	Thunder Barbell Club Competition	Condon
	Stay True Weightlifting Club Xmas Competition	Gympie
	Ipswich Weightlifting Club Competition	Ipswich
	Saints Weightlifting Club Competition	Miles
	SCWC Bob Henderson Shield	Nambour