



## 2023 QWA ALL SCHOOLS CHAMPIONSHIPS

BURLEIGH BARBELL CLUB

4/12 Township Drive Burleigh Heads

6-7 May

PRELIMINARY ENTRIES

SATURDAY 6 MAY			
SESSION	CATEGORIES	WEIGHIN	PRESENTATION
1	M & F U13 (2)	8:00-8:30AM	9:00AM
2	F45, 55 (8)	8:00-9:00AM	10:00AM
3	M49, 55, 61, 67 (9)	10:00-11:00AM	12:00MD
4	F59,64 (10)	12:00-1:00PM	2:00PM
5	M73, 81 (12)	2:00-3:00PM	4:00PM
SUNDAY 7 MAY			
SESSION	CATEGORIES		
6	F71, 76 (9)	8.00-9.00AM	10.00AM
7	F81, 81+ (11)	10.00-11.00AM	12.00PM
8	M89, 102+ (6)	12.00-1.00PM	2.00PM

SESSION 1							
104	TATIANA NICHOLLS	2013	BARBELL 4017	55	U13		
220	MAX MINGIN	2012	BURLEIGH	60	U13		
SESSION 2						U15	OPEN
12	POPPY FORREST	F45	2009	NONE	79		
70	MARIELLA GONZALEZ	F45	2008	NONE	93		
2	ALEXANDRA TIMCHUR	F55	2009	SCWC	88		
45	HEIDI SMITH	F55	2009	SCWC	69		
78	OLIVIA COKER	F55	2008	IWC	100		
130	CHARLOTTE GOODWIN	F55	2006	IWC	115	X	
136	MACKENZIE WALTERS	F55	2005	BIMSC	97	X	
138	CHLOE PERKINS	F55	2006	NONE	150	X	
SESSION 3							
206	ATTICUS MANZ	M49	2010	BURLEIGH	94		
66	TYSON EABORN	M55	2009	COUGARS	84		
240	BEN CATLOW-ELLIOTT	M55	2006	COUGARS	106	X	
107	CALLUM ANDERSEN	M55	2009	TBC	70		
						U15	OPEN
93	CHARLIE GARNIER	M61	2010	CWC	66		
196	ARCHER TURNER	M61	2007	TWA	121	X	
74	LEVI DEANS	M67	2006	SCWC	191	X	



189	JOSH STRANGE	M67	2006	NBWA	225	X	
47	COOPER LYDEMENT	M67	2007	BARBELL 4017	130	X	
	<b>SESSION 4</b>						
68	HOLLY SOUTER	F59	2008	TWA	117		
125	KATIAH MARRIAGE	F59	2008	WWC	80		
128	ELLIE TULUAUUAU	F59	2008	IWC	103		
233	GEORGIA JANE SADLER	F59	2008	MILTON	62		
3	YASMIN AZIZ	F64	2008	MILTON	110		
30	SAIGE GROVES	F64	2008	COUGARS	125		
199	CHLOE DOLLEY	F64	2010	TWA	80		
239	JEYDA ASLAN	F64	2008	BURLEIGH	98		
257	CHARLI BAKER	F64	2008	FRASER COAST	50		
297	SOPHIE DALEY	F64	2007	TWA	142	X	
	<b>SESSION 5</b>						
25	TYSON WILLIAMS-ALLEN	M73	2007	WWC	170	X	
39	AMALACHI SMITH	M73	2010	IWC	48		
73	TYLER FRASER	M73	2007	FRASER COAST	90	X	
85	MITCHELL CONWAY	M73	2008	NORTH GOLD	105		
211	AYRTON RISBY	M73	2006	COUGARS	222	X	
255	OLIVER FARRELL	M73	2006	BURLEIGH	120	X	
256	DAMIAN SAUNDERS	M73	2009	NONE	95		
29	ASHER JOSEPH	M81	2006	BURLEIGH	180	X	
142	HARRY SEATON	M81	2010	TWA	71		
142	KIERAN ELLIOTT	M81	2010	BURLEIGH	85		
224	TAIT STUART	M81	2005	TOOWOOMBA	159	X	
290	RHYS WILLIAMS-ALLEN	M81	2009	WHITSUNDAY	30		
	<b>SESSION 6</b>						
22	POPPY PRIESTLEY	F71	2006	COUGARS	100	X	
24	JASMINE NICHOLLS	F71	2007	BARBELL 4017	95	X	
26	LILLIAN NICHOLLS	F71	2008	FRASER COAST	40		
48	NATASHA LYNCH	F71	2006	NORTH GOLD	139	X	
135	HARPER TALBOT	F71	2008	COUGARS	90		
191	ELLA MCINTYRE	F71	2006	NONE	161	X	
300	REBEKAH NICHOLLS	F71	2007	FRASER COAST	40	X	
133	SOPHIE SEARS	F76	2008	NORTH GOLD	102		
190	ALANA CASTLE	F76	2007	BURLEIGH	144	X	



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	SESSION 7					U15	OPEN
37	REAGAN WOOD	F81	2009	TOOWOOMBA	82		
118	NYLAH GOBLE-LOTE	F81	2009	NORTH GOLD	110		
147	SELINA RICHARDS	F81	2008	TWA	111		
273	JAZELLE BATTY	F81	2008	BARBELL 4017	30		
279	LILLIANA KENDALL	F81	2006	STAY TRUE	116	X	
96	CHYANNE WHITE	F81+	2009	NONE	30		
139	ADDISON JEFFRIES	F81+	2008	IWC	120		
163	MANAIA RUKA	F81+	2005	COUGARS	145	X	
173	ABBEY HANCOCK	F81+	2006	IWC	115	X	
272	LAYLA BLOOM	GUEST	2005	GUEST	174	X	X
301	KIRRA CSURHES	GUEST	2000	GUEST	170	X	X
	SESSION 8						
67	NOAH SLEIMAN	M89	2007	BURLEIGH	145	X	
114	PATTERSON CASEY	M89	2005	BURLEIGH	105	X	
167	CONNOR HOPGOOD	M89	2008	NORTH GOLD	139		
232	HARVEY STEFFEN	M89	2006	TWA	154	X	
295	JACK ELLIOTT	M89	2008	BURLEIGH	65		
151	HILTON IM	M102+	2007	COUGARS	190	X	

## COMPETITION INFORMATION

**CHANGES TO BODYWEIGHT CATEGORY:** By 12 midday Wednesday 3<sup>rd</sup> May via email to [qwa@qwa.org](mailto:qwa@qwa.org) OR text 0438031377

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. Watch out for the Link to sign-up.

### 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 – Not required for those in the U13 Event**

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 for National Championships.

## MINIMUM WEIGHT:

The minimum weight that can be attempted at this event is 5kg. Rules for the modified Under 13 competitions can be found below.

## AWARDS:

Medals for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place in all bodyweight categories in both U15 and Open 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



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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.

