

QWA State U12, U15 & Youth Championships**Saturday 24th August 2024 at Fraser Coast Weightlifting Club, 92 Beach Road Pialba.**

Session 1 M49,61, 67,73 Weigh-in 6.00-7.00am Start 8am

Session 2 F45, 49,55, 59 Weigh-in 7.30-8.30am Start 9.30am

Session 3 U12 M & F Weigh-in 10.30-11.00am Start 11.30am

Session 4 M81, 89,96, 102+ Weigh-in 11.00-12.00pm Start 1.00pm

Session 5 F64, 71, 76, 81, 81+ Weigh-in 1.00-2.00pm Start 3.00pm

Session 1**Weigh-in 6-7am****Start 8am**

98	David Goldsmith	M	2011	55	M49	None
17	Tyson Eaborn	M	2009	132	M61	Cougars
230	Leon Neal	M	2010	85	M61	Cougars
58	Cooper Lydement	M	2007	165	M67	Barbell 4017
92	Bryn Cook	M	2010	110	M67	Berserker Barbell
291	Connor TONKIN	M	2011	50	M67	LiFT Brisbane
132	Hyeonchan Kim	M	2007	140	M73	None
162	Kase Dowd	M	2009	105	M73	Noosa Barbell

Session 2**Weigh-in 7.30-8.30am****Start 9.30am**

23	Poppy Forrest	F	2009	91	F45	North Brisbane
216	Bailey Stevens	F	2010	50	F49	Cougars
69	Alexis Smith	F	2011	77	F55	United Barbell Club Inc.
72	Mahalia Davidson	F	2009	81	F55	Bribie Island
209	Olivia Coker	F	2008	115	F55	Ipswich Weightlifting
275	Emma Corin	F	2011	45	F55	Barbell 4017
94	Heidi Smith	F	2009	99	F59	Sunshine Coast
149	Georgia Sadler	F	2008	142	F59	None
208	Caitlin van Waveren	F	2009	95	F59	Cougars
248	Annabelle Morgan	F	2009	100	F59	Stay True
267	Summa Salisbury	F	2011	61	F59	Saints

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103	Jaxson Daniels	M	2016			Sunshine Coast
112	Ava Bleakley	F	2013			None
119	Kenzie Friend	F	2013			Sunshine Coast
123	Lawson Solofa	M	2013			Ipswich
131	Tatiana Nicholls	F	2013			Barbell 4017
227	Hendrix Dyke	M	2015			Bribie Island

Session 4**Weigh-in 11am-12.00pm****Start 1pm**

19	Harry Seaton	M	2010	118	M81	Toowoomba
20	Cooper Ward	M	2009	155	M81	Noosa Barbell
95	Levi Davidson	M	2008	186	M81	Bribie Island
246	Samuel Honeywood	M	2008	210	M81	North Brisbane
296	Charlie Hammond	M	2008	150	M81	Berserker Barbell
14	Rhys Williams-Allen	M	2009	130	M89	Whitsunday
86	Connor Hopgood	M	2008	180	M96	North Gold Coast
153	Hilton Im	M	2007	210	M102+	Cougars

Session 5**Weigh-in 1-2pm****Start 3pm**

97	Charli Baker	F	2008	96	F64	Fraser Coast
213	Holly Souter	F	2008	128	F64	Toowoomba
243	Saige Groves	F	2008	153	F64	Cougars
286	Yasmin Aziz	F	2008	145	F64	None
108	Harper Talbot	F	2008	134	F71	Cougars
157	Lily Hayes	F	2008	110	F71	Ipswich Weightlifting
161	Chasey Schulz	F	2010	70	F71	Ipswich Weightlifting
259	Sadie Hayman	F	2010	80	F71	Cougars
192	Eva Acason	F	2011	83	F76	None
271	Milla Shepherd	F	2008	106	F81	Saints
76	Chyanne White	F	2009	70	F81+	Cougars

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Regulations	<ul style="list-style-type: none">• Athletes competing in the U15 & Youth age-group must produce Photo ID at the weigh-in. Failure to produce ID will result in the athlete not being permitted to contest the event.• Athletes competing in the U12 modified competition are not required to provide Photo ID at weigh-in• Competition Uniform: Close-fitting pants (shorts/bike pants) and a close-fitting t-shirt that does not cover the elbows is the minimum requirement.• Competitors may also wear: A one-piece lifting suit.• The competition uniform requirement listed in the above 2 points are also the outfit requirements for weigh-in.• Competitors can 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• Competitors cannot 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• Any athlete in the U15 & Youth Age groups of the competition not registering a result in the Snatch will not be allowed to participate in the Clean & Jerk section of the competition• The 20kg rule will not be in use at this competition
Awards	<ul style="list-style-type: none">• Individualised Participation Certificates for all participants• Participation medals for all U12 entrants• Gold, Silver & Bronze medals for each bodyweight category in both U15 & Youth age-groups for males & females• Best lifter trophies for males & females in U12, U15 & Youth age-groups calculated using Sinclair points
Volunteering	<ul style="list-style-type: none">• All athletes are expected to volunteer to assist in running the competition for at least one session, or have a family member, friend or fellow club member nominate to fill their spot.

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