



Saturday 7<sup>th</sup> Sunday 8<sup>th</sup> November 2020

**Venue:** St Andrews Lutheran College 175 Tallebudgerra Creek Road,  
Tallebudgerra QLD 4228

<https://www.salc.qld.edu.au/our-college>

The **QWA Shop** will be open throughout the event. Payments via EFT.  
Pre-orders can be made via the QWA website for collection at the event.

Session	Category	Numbers	Weigh-in	Start
1	U13 F Modified	8	7-7.30am	8am
2	M49,55, 61	7	7.30-8.30am	9.30am
3	F 40, 45, 49, 55, 59	14	9.30-10.30am	11.30am
4	M67	9	11.30am-12.30pm	1.30pm
5	F64	8	1.30-2.30pm	3.30pm
6	U13 M Modified	13	4.00-4.30pm	5.00pm

7	U13 F Modified	9	7.00-7.30am	8am
8	M73	8	7.30-8.30am	9.30am
9	F71, 76, 81, 81+	12	9.30-10.30am	11.30am
10	M81, 89	12	11.30-12.30pm	1.30pm
11	M96,102, 102+	11	1.30-2.30pm	3.30pm

Session

1	U13 Mod	Name	YOB	School	Club	Entry	U15
9		Ava Nelson	F 2010	Junction Park State School	Southside Storm	30	
37		Lucy Abel	F 2008	IWC	Ipswich	30	
118		Sydney Johnson	M 2008		Cougars	30	
147		Marcella Kendall	F 2009	Gympie West SS	Stay True	30	
194		Zoe Christie	F 2008	Whites Hill State College	Unattached	50	
239		Mariah Soutar	F 2009	Wellington Point	Milton	30	
273		Mia Windsor	F 2009	St Michaels	BIMSC	37	
286		Helena Hanlon	F 2009	Beachmere SS	Southside Storm	30	



	293		Mary Dhot	F	2010	St Pauls Lutheran Primary School Caboolture	BIMSC	32	
Session 2									
	68	M49	Tristan Higham	M	2007	North Lakes State College	Unattached	50	
	275	M49	Asher Manz	M	2007	Home Education Qld	Burleigh Barbell	90	
	48	M55	Ashton Johnson	M	2006		Cougars	35	
	248	M55	Levi Cobb	M	2005	Citipointe Christian College	Cougars	109	
	267	M55	Levi Deans	M	2006	Burnside State High School	Sunshine Coast	136	
	32	M61	Joshua Strange	M	2006	St Benedicts	North Brisbane	165	
	66	M61	Loch Allen	M	2005	St Andrews	Burleigh Barbell		
	245	M61	Charlie McMahon	M	2006	St Andrews	Burleigh Barbell		
Session 3									
	104	F45	Mattea Moran	F	2007	Brisbane State School	Cougars	32	
	297	F49	Lucy Webb	F	2007	Balmoral State High School	Cougars	58	
	135	F55	Charlotte Goodwin	F	2006	Bremer High School	Unattached	40	
	213	F55	Jessica Brouff	F	2005	Kelvin Grove College	Milton	95	
	272	F55	Sophie Daley	F	2007	Centenary Heights SHS	Toowoomba	76	
	3	F59	Eden Gorrel	F	2002	Cleveland District State High School	Cougars	108.5	x
	125	F59	Isla Corbett	F	2003	Good Shepherd Lutheran College	Noosa Barbell	83	x
	128	F59	Kaiya Ngahina Marsh	F	2006	Sunshine Beach State High School	Noosa Barbell	83	
	132	F59	Katie Ward	F	2004	Brisbane Girls Grammar School	Milton	100	x
	220	F59	Kleo Isaac	F	2004	Riverside Christian College	Stay True	69	x
	233	F59	Nya Hayman	F	2005	Heights College	Cougars	90	
Session 4									
	94	M67	Tait Stuart	M	2005	Downlands College	Toowoomba	124	
	149	M67	Harper Manz	M	2004	Home Education Qld	Burleigh Barbell	176	x
	206	M67	Oliver Barton	M	2005	St. Andrews Lutheran College	Unattached	67	
	215	M67	Lachlan Lumb	M	2003	St Andrews	Noosa Barbell	173	x
	216	M67	Luke Bidgood	M	2004	Miles State High School	Saints	156	x
	254	M67	Daniel Teece	M	2005	Miles State School	Saints	112	
Session 5									
	31	F64	Natasha Lynch	F	2006	Helensvale State High	Unattached	103	
	58	F64	Amity Salisbury	F	2003	Miles	Saints	102	x
	69	F64	Adelaide Utz	F	2004	Ipswich Girls' Grammar School	Ipswich	136	x
	108	F64	Leela Petersen	F	2004	St John Fisher College	Cougars	110	x



139	F64	Giselle Courtney	F	2006	St Andrews Lutheran College	Burleigh Barbell	30
243	F64	Katie Knight	F	2005	Flagstone community college	Cougars	119

Session

6	U13 Mod						
39		Connor Dennis	M	2011	TGSS	Milton	32
45		Brock Miller	M	2010		Unattached	36
72		Fedor Roganov	M	2008	Proserpine State School	Whitsunday	76
78		Zaine Robinson	M	2009	Samford SS	Unattached	40
142		Brendan Drahm	M	2008	Wellington Point	Cougars	30
159		Lawson Solofa	M	2013	Amberley Districts State School	Ipswich	40
177		Nate Thorley	M	2008	Mt Crosby State School	Ipswich	60
199		Ferghus McAleer	M	2010	St Michael's College	BIMSC	33
209		Levi Davidson	M	2008	St Michael's College	BIMSC	75
259		Manning Branson	M	2009	Gympie west	Stay True	30
292		Atticus Manz	M	2010	Home Education Qld	Burleigh Barbell	51
301		Keenan Baty	M	2011	Waterford state primary school	Magnetic	40

Session

7	U13 Mod						
12		Lexi Seesink	F	2009	St Peter Chanel	Unattached	51
26		Lily Hayes	F	2008	Tarampa State School	Ipswich	50
40		Olivia Coker	F	2008	Saint Mary's college Ipswich	Ipswich	70
95		Josie Munyard	F	2009	St Michael's	BIMSC	36
130		Shanya Hempsted	F	2008	beerwah state school	Unattached	55
157		Selina Richards	F	2008	Miles State School	Saints	79
204		Amelie Graham	F	2008	Amberley District State School	Ipswich	59
247		Addison Jeffries	F	2008	Bremer State High School	Ipswich	90
279		Ellie Tuluaau	F	2008	Amberley District State School	Ipswich	31

Session  
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93	M73	Pacee Hodge	M	2003	Flagstone Community College	Jimboomba Barbell	130	x
98	M73	Lochlan Roberts	M	2005	Brisbane State High School	Cougars	105	
112	M73	Jordan O'Dell	M	2004		BIMSC	120	x
138	M73	Leyland Hempsted	M	2006	Beerwah SHS	Unattached	91	
173	M73	Noah Sleiman	M	2007	St Andrews	Burleigh Barbell	120	
190	M73	Kahvarn Morrison	M	2005	Springfield Central SHS	Ipswich	130	
257	M73	Harry Johnson	M	2005	BGS	Cougars	150	

Session  
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14	F71	Rialely Baty	F	2004	Marsden State High School	Magnetic	111	x
76	F71	Adriarne Cracknell	F	2004	Mable Park State High School	Ipswich	100	x
97	F71	Alana Castle	F	2007		Noosa Barbell	99	
123	F71	Cleo O'Dell	F	2007	Bribie State School	BIMSC	50	



140	F71	Maddison Power	F	2003	Varsity College	Burleigh Barbell	170	x
191	F71	Grace Davies	F	2005	Mary MacKillop College	Cougars	130	
214	F76	Jessica Rowe	F	2005	The Glennie School	Toowoomba	104	
271	F76	Te Korua Watene	F	2004	Mable Park State High School	Ipswich	140	x
53	F81	Emelia Green	F	2003	Moreton Bay College	Cougars	101	
86	F81	Mackenzie Baty	F	2004	Marsden State High School	Magnetic	116	x
184	F81+	Cayle Johnson	F	2004	Home School	Cougars	126	x
208	F81+	Hayley Dingle	F	2004	forest lake state high school	Ipswich	145	x

#### Session 10

2	M81	Dylan Keeley	M	2005	Pacific Pines SHS	Unattached	122	
19	M81	Taj Marsh	M	2004	Sunshine Beach SHS	Noosa Barbell	215	x
20	M81	Ryan Martin	M	2005	Rockhampton Grammar School	CQ Mavericks	220	
22	M81	Izeiah Dass	M	2004	Mansfield State High School	Magnetic	110	x
42	M81	Lachlan Little	M	2005	Carmel College	Cougars	119	
81	M81	Lewis Symonds	M	2005	Coombah State High School	Unattached	196	
92	M81	Kaia Davis	M	2004	Southport State High School	Unattached	205	x
192	M81	Michael Nides	M	2002	Trinity Lutheran College	Bounce	210	x
30	M89	Jordan Wilson	M	2003	Groves Christian College	Ipswich	232	x
103	M89	Kyle Munyard	M	2006	St Michael's College Caboolture	BIMSC	122	
117	M89	Eli Frew	M	2003	Sunshine Beach State High School	Noosa Barbell	72	
119	M89	Henry Bourne	M	2003	Miles High School	Saints	160	
161	M89	Josh Sargeant	M	2004	North Lakes State College	Cougars	230	x

#### Session 11

24	M96	Hilton Im	M	2007	St Joseph's Nudgee College	Cougars	59	
136	M96	Archie Hohn	M	2004	St Joseph's Gregory Terrace	Cougars	63	x
96	M102	Joshua Sweet	M	2006	St Edmunds College	Ipswich	50	
131	M102	Matthew Barrett	M	2003	St Johns Collage	Sunshine Coast	155	x
17	M102+	Tashaun Solofa	M	2005	Bremer State High School	Ipswich	180	
23	M102+	Joseph Haira-Te Maari	M	2005	Mabel Park State High School	Magnetic	200	
121	M102+	Robbie Walton	M	2004	Faith Lutheran Plainlands	Ipswich	180	x
133	M102+	Julius Tuluauau	M	2003	Ipswich Grammar School	Ipswich	40	x
162	M102+	Angus Ward	M	2003	Brisbane Boys College	Milton	223	x
246	M102+	Nathaniel Gamble	M	2003	faith lutheran college plainland	Ipswich	157	x

**Changes to nominated bodyweight categories must be notified via email prior to the verification of final entries 12:00 noon on Thursday 5th November 2020. Changes are to be made by email to [qwa@qwa.org](mailto:qwa@qwa.org) or text: 0438031377**



### **Eligibility** (All entrants):

Must be students enrolled in a Queensland school in 2020; 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.

### **General Information**

**Minimum weight:** The minimum weight that can be attempted in this QWA **participation competition** is 8kg. Modified competition 3.2kg

**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 colour. 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 were born after 5<sup>th</sup> November 2007. They will be participating in a modified event.

Under 15 competitors are those who were born in 2005 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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](mailto: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 <sup>st</sup> place	28 points	14 <sup>th</sup> place	12 points
2 <sup>nd</sup> place	25 points	15 <sup>th</sup> place	11 points
3 <sup>rd</sup> place	23 points	16 <sup>th</sup> place	10 points
4 <sup>th</sup> place	22 points	17 <sup>th</sup> place	9 points
5 <sup>th</sup> place	21 points	18 <sup>th</sup> place	8 points
6 <sup>th</sup> place	20 points	19 <sup>th</sup> place	7 points
7 <sup>th</sup> place	19 points	20 <sup>th</sup> place	6 points
8 <sup>th</sup> place	18 points	21 <sup>st</sup> place	5 points
9 <sup>th</sup> place	17 points	22 <sup>nd</sup> place	4 points
10 <sup>th</sup> place	16 points	23 <sup>rd</sup> place	3 points
11 <sup>th</sup> place	15 points	24 <sup>th</sup> place	2 points
12 <sup>th</sup> place	14 points	25 <sup>th</sup> place	1 point
13 <sup>th</sup> place	13 points		

**REMINDER: THERE ARE LIMITED SPECTATOR SPOTS AVAILABLE. Book in online at:**

<https://signupschedule.com/qldweightlifting>

## 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 internationally
- 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

You may be required to leave the venue at the conclusion of the session you have access to even if you have booked a spot for the next session. It may at times be necessary to delay the start time of a session to accommodate this process

**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)**.

