



## 2011 QLD Senior Championships

(Qualifying event for selection in the Queensland Team for the 2011 National Senior Championships)

### General Information

- Date:** Saturday, 18<sup>th</sup> June, 2011
- Venue:** Toowoomba Weightlifting Association  
Toowoomba SHS Gymnasium, Stuart St, Toowoomba Qld.
- Weigh - In:** To be advised once all entries are received
- Entries Close:** Friday, 3<sup>rd</sup> June, 2011
- Entry Conditions:** \$20 per entrant. All entry fees must be paid by the close of entries on Friday 3<sup>rd</sup> June 2011. All entrants must be current QWA members.
- Bodyweight Categories** Male: 56, 62, 69, 77, 85, 94, 105, 105+  
Female: 48, 53, 58, 63, 69, 75, 75+
- Minimum Entry Standards:** D Grade of the AWF Domestic Classification Standards  
These standards apply to competition entry only. Athletes can compete in a different bodyweight category to the one in which they have qualified.
- Qualification Period:** 3<sup>rd</sup> June 2010 – 3<sup>rd</sup> June 2011, inclusive.
- Verification of Entries:** Changes to nominated bodyweight categories must be notified prior to the verification of entries which will take place at the QWA Office, The Sleeman Centre, Chandler, at 12:00 noon on Friday 17<sup>th</sup> June 2011 (AWF Technical Rule 5.3.10). Changes can be notified in person, by email to [qwa@tpg.com.au](mailto:qwa@tpg.com.au), by fax to 3823 1371, or by telephone to 3823 1377 or 0417 744 981.
- Outfit of Competitors:** As per IWF Technical Rules:-  
One-piece weightlifting costume; or two-piece costume consisting of close-fitting cycling/leotard type shorts and plain T-shirt or singlet
- Individual Awards:** Gold, Silver, Bronze medals in each bodyweight category
- Best Lifter Awards:** Determined by the Sinclair formula – Male; Female
- Performance Awards:** Determined by the Forbes formula – Male; Female

#### 2010 AWF Domestic Classification Standards:

##### Male

	56kg	62kg	69kg	77kg	85kg	94kg	105kg	+105kg
D Grade	125	141	150	168	175	185	189	195

##### Female

	48kg	53kg	58kg	63kg	69kg	75kg	+75kg
D Grade	84	93	97	107	110	111	122

**Telephone (07) 3823 1377 For More Information**



## Queensland Senior Championships

Toowoomba Weightlifting Association  
Toowoomba SHS Gymnasium, Stuart St, Toowoomba Qld  
Saturday 18<sup>th</sup> June, 2011

**Entry Fee:** \$20 per competitor

### Individual Entry Form

**First Name:** \_\_\_\_\_ **Surname:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_ **Postcode:** \_\_\_\_\_

\_\_\_\_\_

**Date of Birth:** (dd/mm/yy) \_\_\_\_\_ **Sex:** (circle) Male Female

**Telephone:** (home) \_\_\_\_\_ (mobile) \_\_\_\_\_

**Email:** \_\_\_\_\_ **Club:** \_\_\_\_\_

**Best competition Total between 3<sup>rd</sup> June 2010 and 3<sup>rd</sup> June 2011:** \_\_\_\_\_

**Bodyweight category in which qualifying Total was achieved:** \_\_\_\_\_

(individual lifter stats are available on QWA web site at [www.qwa.org/liftstats/lifterstats.asp](http://www.qwa.org/liftstats/lifterstats.asp))

**Bodyweight category entered (circle one category only)**

Male	56	62	69	77	85	94	105	+105
Female	48	53	58	63	69	75	+75	

**N.B. Changes to nominated bodyweight categories must be notified prior to the Final Verification of Entries, which will take place at the QWA Office, The Sleeman Centre, Chandler, on Friday 3<sup>rd</sup> June 2011 at 12:00 noon. Changes can be submitted in person, by telephone to 3823 1377, by fax to 3823 1371, or by email to [qwa@tpg.com.au](mailto:qwa@tpg.com.au)**

Please complete payment details on next page.

Return this form and entry fee to: QWA, PO Box 1056, Capalaba, Qld 4157

**This entry form AND entry fees must be received by the QWA NO LATER than Friday 3<sup>rd</sup> June 2011. All entrants must be financial members of the QWA to participate in this event.**

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**2011 Queensland Senior Championships**

**Payment Details**

**Please tick the method of payment**

- Cash enclosed
- Cheque enclosed (payable to Qld Weightlifting Association)
- Electronic Funds Transfer
- Direct Deposit
- Credit Card (Visa or MasterCard only)

**QWA account details for EFT or Direct Deposit:**

**Bank:** Westpac  
**Account Name:** Qld. Weight Lifting Association  
**BSB:** 034080  
**Account Number:** 750770  
**Amount:** \$ \_\_\_\_\_  
**Date:** \_\_\_\_\_

**Please include your name in the description field when making EFT**

**Credit Card Details:**

**Amount:** \_\_\_\_\_  
**Card type:** \_\_\_\_\_  
**Card number:** \_\_\_\_\_  
**Expiry:** \_\_\_\_\_  
**Cardholder name:** \_\_\_\_\_  
**Cardholder signature:** \_\_\_\_\_