



## Information Pack

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### **Event Contacts**

AWF CEO	Mike Keelan	+61 411 424 328
Competition Director	Ian Moir	+61 417 744 981
Queensland Weightlifting Office		+61 7 3823 1377

### **Competition Venue**

Cougars Weightlifting Club  
Sleeman Sports Complex  
Corner Old Cleveland Rd & Tilley Rd  
Chandler Qld 4155

### **Food & Drink**

Food and drink will be available for purchase within the Cougars Weightlifting Club during the event. There is a café at the Sleeman Sports Complex Aquatic Centre and there are restaurants, cafés, Subway, etc, at the shopping centre on the corner of Tilley Rd and New Cleveland Rd, Gumdale.

### **Weigh – In**

Cougars Weightlifting Club

### **Sauna and Check Scales**

Cougars Weightlifting Club  
Friday 18<sup>th</sup> March: 09:00 – 20:00  
Saturday 19<sup>th</sup> March: 06:30 – 20:30  
Sunday 20<sup>th</sup> March: 07:00 – 15:00

### **Training**

Competition warm-up area  
Friday 18<sup>th</sup> March: 09:00 – 20:00  
Saturday 19<sup>th</sup> March: 06:30 – 08:30  
Sunday 20<sup>th</sup> March: 07:00 – 09:00

### **Verification of Final Entries**

Athletes may move up or down categories and any changes must be submitted through email [mkeelan@awf.com.au](mailto:mkeelan@awf.com.au) or by text via mobile +61 411 424 328 prior to 6pm on Friday 18<sup>th</sup> March, 2016. Please note that the methods detailed will serve as the final verification of entries and no changes will be permitted after 6pm on Friday 18<sup>th</sup> March, 2016.

### **Equipment**

Competition – Eleiko bars and discs  
Warm up – Eleiko bars; assorted discs

### **Doping Control**

This event is subject to drug testing by the Australian Sports Anti-Doping Authority.

## Competition Regulations

1. The Australian Olympic Committee has designated this competition as a Rio Olympic Games Qualifying Event for Australian athletes.
2. Qualifying Standard: AWF 'C' Grade.
3. Qualifying Period: 1st January, 2015 – 14th February, 2016.
4. The minimum age for participation is thirteen (13) years. Competitors must be born before or during 2003.
5. No refunds will be given once the entry fee has been processed.
6. Athletes must produce Photo ID at the weigh-in. Failure to produce ID will result in the athlete not being able to contest the event.
7. The 2016 Australian International can be contested by athletes who reside in Australia and overseas.
8. Athletes may move up or down categories and any changes must be submitted through email [mkeelan@awf.com.au](mailto:mkeelan@awf.com.au) or by text via mobile +61 411 424 328 prior to 6pm on Friday 18<sup>th</sup> March, 2016. Please note that the methods detailed will serve as the final verification of entries and no changes will be permitted after 6pm on Friday 18<sup>th</sup> March, 2016.
9. Individual Placing will be calculated off Totals only.
10. Any athlete not registering a result in the Snatch will be allowed to participate in the Clean & Jerk section of the competition but will not be eligible for medals or prizes.
11. Awards:

All entrants will receive an event T-shirt

Gold Silver and Bronze medals will be awarded in each bodyweight category (Total only)

Prize money:

Men

Overall 1st place - \$1000

Overall 2nd place - \$350

Overall 3rd place - \$150

Women

Overall 1st place - \$1000

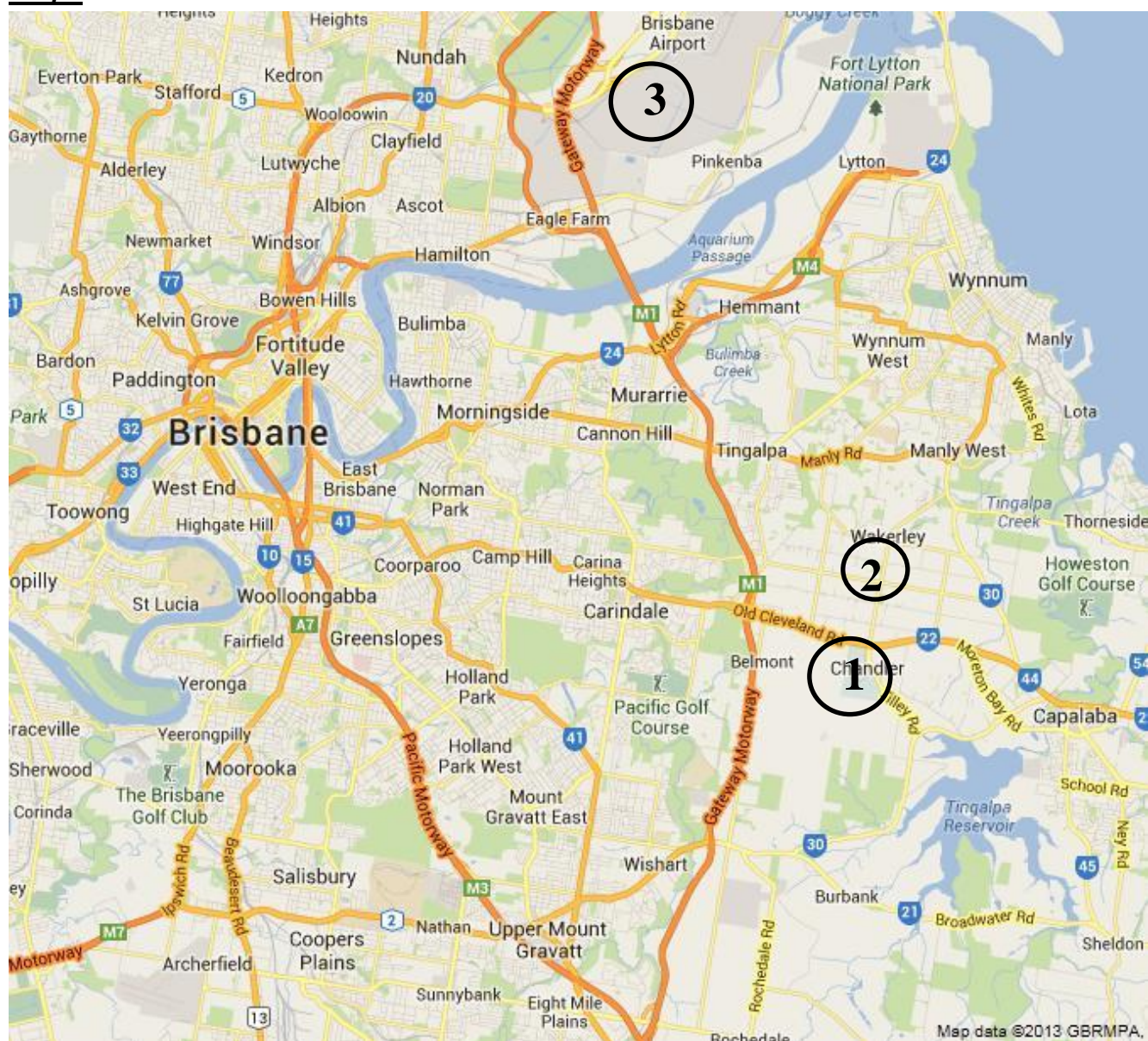
Overall 2nd place - \$350

Overall 3rd place - \$150

Prize money will be determined by the Sinclair formula.



## Maps



1. Sleeman Sports Complex
2. Gumdale Shopping Centre
3. Brisbane Airport

# Sleeman Sports Complex



## Competition Schedule

<b>Saturday 19<sup>th</sup> March</b>	<b>Categories</b>	<b>Weigh-in</b>	<b>Start</b>
Session 1	F48, F53, F58	7:30 – 8:30 am	9:30 am
Session 2	M56, M62, M77	9:30 – 10:30 am	11:30 am
Session 3	F63, F69	11:45am – 12:45 pm	1:45 pm
Session 4	M69	2:15 – 3:15 pm	4:15 pm
Session 5	M105, M105+	4:30 – 5:30 pm	6:30 pm
<b>Sunday 20<sup>th</sup> March</b>	<b>Categories</b>	<b>Weigh-in</b>	<b>Start</b>
Session 6	F75, F75+	8:00 – 9:00 am	10:00 am
Session 7	M85, M94	10:15 – 11:15 am	12:15 pm

## Preliminary Entries - Men

<b>Lifter</b>	<b>DOB</b>	<b>Nat / State</b>	<b>Bwt Cat</b>	<b>Total</b>
<b>M56kg</b>				
Manueli Tulo	25/03/1990	FIJ	M56	250
Elson Brechtefeld	2/03/1994	NRU	M56	240
Cooper Wilson	27/08/1999	QLD	M56	157
<b>M62kg</b>				
Morea Baru	15/04/1990	PNG	M62	290
James Delaney	29/07/1996	VIC	M62	221
Jason Tong	21/04/1987	QLD	M62	170
<b>M69kg</b>				
Fred Oala	12/09/1996	PNG	M69	283
Manuel Minginfel	28/09/1978	FSM	M69	280
Stevick Patris	17/01/1991	PLU	M69	270
Dun Chu	13/11/1992	VIC	M69	232
Joshua Wu	14/11/1996	NSW	M69	230
Kanishka Guyan Jayaratne	18/07/1989	QLD	M69	218
Jason Ager	19/11/1993	WA	M69	215
Ben Paris	29/12/1981	QLD	M69	199
Joshua Mak	26/02/1999	QLD	M69	189
Corey Smith	14/11/1998	QLD	M69	182
Truen Johns	17/10/2000	TAS	M69	181

Lifter	DOB	Nat / State	Bwt Cat	Total
<b>M77kg</b>				
Taretiita Tabaroua	1994	KIR	M77	295
Leo Lark	13/05/1996	QLD	M77	272
Ryley Porter	27/03/1995	QLD	M77	260
James Norman	29/06/1996	QLD	M77	251
Isiah Cain	2/12/1996	NRU	M77	230
Christopher Lai	1/07/1998	QLD	M77	221
Zac Millhouse	19/05/2000	TAS	M77	211
Shannon Arenson	4/09/1990	QLD	M77	198
<b>M85Kg</b>				
Richard Patterson	30/04/1983	NZL	M85	323
Mitchell Delbridge	24/08/1987	QLD	M85	272
Ashley Adams	4/12/1990	QLD	M85	246
Jeb Wesener	6/09/1983	QLD	M85	231
Liam Saxby	23/01/1997	QLD	M85	225
Micah Wade	18/02/1991	TAS	M85	220
Rowan Baxter	9/05/1977	QLD	M85	218
Michael Shippley	30/06/1992	QLD	M85	215
Michael Nolan	18/03/1982	NSW	M85	209
<b>M94kg</b>				
Tanumafili Jungblut	10/06/1990	ASA	M94	315
Benjamin Shaw	24/07/1991	QLD	M94	288
Ridge Barredo	6/10/1995	NSW	M94	288
Jordan Cripps	9/11/1992	TAS	M94	241
Zeke Beilharz	25/03/1992	VIC	M94	222
<b>M105kg</b>				
David Katoatau	17/07/1984	KIR	M105	357
Robert Galsworthy	17/05/1989	SA	M105	315
Mitchil Mann	11/04/1987	NSW	M105	293
Regan Hams	22/10/1985	QLD	M105	293
Matthew Lydement	15/01/1994	QLD	M105	271
Jackson Roberts-Young	15/08/1996	NSW	M105	270
Grant Haines	12/09/1987	ACT	M105	230
<b>M105+kg</b>				
Damon Kelly	1/12/1983	QLD	M105+	370
Jackson Solofa	24/07/1982	QLD	M105+	299
Edward Maxwell	18/05/1997	TAS	M105+	260
Nathanael Worthy	24/09/1992	WA	M105+	245
Jordan Evans	25/05/1999	QLD	M105+	232



### **Preliminary Entries – Women**

<b>Lifter</b>	<b>DOB</b>	<b>Nat / State</b>	<b>Bwt Cat</b>	<b>Total</b>
<b>F48kg</b>				
Hailee Jarrett	2/12/1999	NSW	F48	131
<b>F53kg</b>				
Erika Ropati-Frost	2/09/1987	QLD	F53	181
Holly Shawcross	26/12/1986	WA	F53	134
Alyce Cervetto	14/12/1990	QLD	F53	116
Tara Noonan	31/07/1980	QLD	F53	112
<b>F58kg</b>				
Jenly Wini	9/06/1983	SOL	F58	196
Tia-Clair Toomey	22/07/1993	QLD	F58	194
Seen Lee	15/11/1982	VIC	F58	184
Jessica Edge	13/11/1986	QLD	F58	130
Madeline Wu	11/05/1998	NSW	F58	122
<b>F63kg</b>				
Jessica Lai	9/05/1989	WA	F63	185
Parisa Hayeri	18/08/1986	NSW	F63	160
Melissa Robinson	1/05/1981	QLD	F63	156
Helen Vincenti	18/02/1985	WA	F63	142
Liana Lambert	25/09/1988	QLD	F63	135
<b>F69kg</b>				
Andrea Miller	13/03/1982	NZL	F69	199
Kiana Elliott	27/07/1997	NSW	F69	198
Kylie Lindbeck	6/09/1984	ACT	F69	191
Ebony Gorincu	23/08/1989	QLD	F69	180
Nicky Cummins	12/03/1997	VIC	F69	145
Tessa Milton	5/02/1994	QLD	F69	138
Clare Carey	2/09/1987	ACT	F69	137

<b>Lifter</b>	<b>DOB</b>	<b>Nat / State</b>	<b>Bwt Cat</b>	<b>Total</b>
<b>F75kg</b>				
Camilla Fogagnolo	31/05/1986	TAS	F75	203
Michelle Kahi	6/04/1994	QLD	F75	185
Kate Fyfe	20/09/1992	QLD	F75	176
Erin Georgeson	26/02/1986	QLD	F75	167
Philippa Woonton	29/08/1985	COK	F75	161
Amie Cox	19/12/1992	QLD	F75	136
<b>F75+kg</b>				
Luisa Peters	27/06/1993	COK	F75+	225
Jenna Myers	1/03/1986	TAS	F75+	219
Anita Millington	22/02/1986	TAS	F75+	155
Michelle Wootton	8/12/1989	TAS	F75+	148
Saphire Abraham	7/03/2001	QLD	F75	143
Chloe Kerwick	22/02/1996	QLD	F75+	143

## Technical Officials Schedule

Saturday 19<sup>th</sup> March

Session/Group	Weigh - In	Scheduled Start Time	MC	Centre Referee	Referee	Referee	Chief Marshal	Timekeeper	Technical Controller	Jury
1. Women 48kg, 53kg, 58kg	7:30 – 8:30am J.Davis L.Moyle	9:30am	M.Keelan	Julie.Davis QLD	Lesley Moyle QLD	Deborah Acason QLD	Deb Oliver QLD	Kara Stuart QLD	Kelliann Brady VIC	Phil Maunder SA Lyn Jones ACT Lawrie Townsend QLD
2. Men 56kg, 62kg, 77kg	9:30 – 10:30am A.Croot L.Goldsworthy	11:30pm	L.Jones	Alex Croot QLD	Leanne Goldsworthy NT	Vicki Brady QLD	Kelliann Brady VIC	Jessica Edge QLD	Kara Stuart QLD	Phil Maunder SA Kylie Booth QLD Debra Keelan QLD
3. Women 63kg, 69kg	12:30 – 1:30pm D.Oliver J.Davis	2:30pm	M.Keelan	Lesley Moyle QLD	Julie Davis QLD	Deb Oliver QLD	Kelliann Brady VIC	Danielle Waller WA	Leanne Goldsworthy NT	Pedro Sanchez VIC Debra Keelan QLD Coral Quinell QLD
4. Men 69kg	2:15 – 3:15pm A.Croot C.Wegert	4:15pm	L.Jones	Craig Wegert QLD	Alex Croot QLD	Kara Stuart QLD	Jessica Edge QLD	Athea Mackie QLD	Lawrie Townsend QLD	Pedro Sanchez VIC Vicki Brady QLD Ian Moir QLD
5. Men 105kg, 105+kg	4:30 – 5:30am M.Keelan	6:30pm	I.Moir	KaraStuart QLD	Craig Wegert QLD	Jessica Edge QLD	Michael Keelan QLD	Kelliann Brady VIC	Coral Quinell QLD	Pedro Sanchez VIC Danielle Waller WA Lawrie Townsend QLD

Sunday 20<sup>th</sup> March

Session/Group	Weigh - In	Scheduled Start Time	MC	Centre Referee	Referee	Referee	Chief Marshal	Timekeeper	Technical Controller	Jury
6. Women 75kg, 75+kg	8:00 – 9:00am L. Goldsworthy D.Oliver	10:00am	M.Keelan	Leanne Goldsworthy NT	Gregory Haff WA	Deb Oliver QLD	Alex Croot QLD	Jessica Edge QLD	Craig Wegert QLD	Debra Keelan QLD Pedro Sanchez VIC Vicki Brady QLD
7. Men 85kg, 94kg	10:15 – 11:15pm I Moir P.Maunder	12:15pm	L.Jones	Leanne Goldsworthy NT	Kylie Booth QLD	Danielle Waller WA	Kelliann Brady VIC	Michael Keelan QLD	Phil Maunder QLD	Pedro Sanchez VIC Debra Keelan QLD Vicki Brady QLD

## Volunteer Schedule

Saturday 19<sup>th</sup> March

Section/Group	Scheduled Start Time	Marshal / Computer	Loader 1	Loader 2	Loader 3	Loader 4	Assistant Marshal
1.	9:30am	Kylie Booth	Adam Blair	Danny Morrison	Ky Lane	Luke Gardener	
2.	11:30am	Mackenzie Coglean	Danny Morrison	Ky Lane	Luke Gardener	Alyce Cervetto	Althea Mackie
3.	2:30pm	Kylie Booth	Adam Blair	James Norman	Jason Tong	Ryley Porter	Althea Mackie
4.	4:15pm	Kylie Booth	Luke Gardener	Ky Lane	Tessa Milton	Mel Robinson	
5.	6:30pm	Christine Larsen	Adam Blair	Danny Morrison	Guyan Jayaratne	Josh Mak	Althea Mackie

Sunday 20<sup>th</sup> March

Section/Group	Scheduled Start Time	Marshal / Computer	Loader 1	Loader 2	Loader 3	Loader 4	Assistant Marshal
6.	10:00am	Kylie Booth	Adam Blair	Danny Morrison	Jason Tong	Mel Robinson	Althea Mackie
7.	12:15pm	Mackenzie Coglean	Luke Gardener	Guyan Jayaratne	Ky Lane	Amie Cox	Althea Mackie

## Free Onsite Athlete Services



We look forward to **motivating** you to move, **supporting and guiding** you to nourish your body & **inspiring** you to live a **healthier lifestyle**.

### Complimentary Services Provided by Brisbane's Leading Allied Health Professionals

#### Exercise Physiology

- Sports physiotherapy to ensure shortest recovery time for return to lifting
- Bio mechanical movement assessments specialising in end range stability to control to improve lifting mechanics
- Support programming to minimise risk of injury through effective muscular balance and joint co-ordination
- Integrated performance approach to athlete development through liaising with coaches to guarantee best outcomes

#### Nutrition and Dietetics

- Performance nutrition to optimize body composition while supporting training goals
- Optimising nutrition for physical and mental performance for competition
- Individual and group/team nutrition counseling and education to enhance performance of competitive and recreational athletes.
- Translating the latest scientific evidence into practical sports nutrition recommendations.
- Personalised meal and making weight plans to promote achieving short- and long-term goals for athletic performance and good health

Inspire Health Services – West End Clinic

365 Montague Road West End

07 3846 5134

[admin@inspirehealthservices.com.au](mailto:admin@inspirehealthservices.com.au)

