



2023 AWF NATIONAL SENIOR CHAMPIONSHIPS

Location	Hawthorn, Melbourne, VIC
Date of Competition	4 th – 6 th August 2023
Competition Venue	Victorian Weightlifting Stadium, 34 Linda Crescent, Hawthorn VIC 3122
Age Eligibility	The minimum age for participation is thirteen (13) years (Competitors must be born before or during 2010)
Minimum Qualifying Standard	Men & Women: E Grade
Qualifying Period	16 th Dec 2022 – 18 th June 2023
Categories	MEN - 55/61/67/73/81/89/96/102/109/+109 WOMEN - 45/49/55/59/64/71/76/81/87/+87
SIA Anti-Doping Education	All entrants must have completed the following courses: <ul style="list-style-type: none"> • Anti-Doping Fundamentals • Annual Update 2023 Register and complete courses online at https://elearning.sportintegrity.gov.au/
Entry Fee	\$150 per participant (incl GST).
Awards	<ul style="list-style-type: none"> • Event T-shirt • Medals – Top 3 per category • Team Trophy • Prize money for Top 3 Sinclair ranked lifters
Individual Entry	Submitted to State Associations with payment by the date specified by the relevant State Association.
Preliminary Entries by State Association	Submitted ONLINE with payment to the AWF by Friday 23 rd June 2023.
Verification of Final Entries	Final Entries must be verified no later than 12:00 noon AEST on Wednesday 2 nd August 2023 via the AWF Online Verification System.

Minimum Qualifying Standards			
Men		Women	
Category	Total	Category	Total
55	188	45	120
61	203	49	129
67	216	55	142
73	227	59	149
81	240	64	157
89	251	71	167
96	259	76	172
102	265	81	177
109	271	87	182
+109	292	+87	193

REGULATIONS:

- Individual entries must be submitted to the respective State Association with payment by the date specified by the State Association.

Weightlifting ACT Inc	weightliftingACT@gmail.com
Northern Territory Weightlifting Assoc Inc	office@ntwa.net.au
NSW Weightlifting Assoc Limited	info@nswweightlifting.com.au
Queensland Weightlifting Assoc Inc	gwa@gwa.org
South Australian Weightlifting Association	office@saweightlifting.org.au
Victorian Weightlifting Assoc Inc	office@vicweightlifting.com
Weightlifting Tasmania Inc	office@weightliftingtas.com
Weightlifting Western Australia Inc	secretary@wwa.org.au

- State Associations must enter all preliminary entrant details via their State Administration portal on the AWF website no later than Friday 23rd June 2023.
- Athletes must be initially entered in the bodyweight category in which they have achieved qualification or be entered in a heavier category if they have achieved a Total within the qualifying period that meets or exceeds the minimum qualifying standard for the heavier category.
- Entrants may move up to a heavier category if they have achieved a Total within the qualifying period that meets or exceeds the minimum qualifying standard for the heavier category. Entrants may move down to a lighter category only if they have achieved the minimum qualifying standard for the lighter category while actually competing in that category. The final category must be declared at the verification of final entries via the AWF Online Verification System before 12:00 (noon) AEST on Wednesday 2nd August 2023.

5. Athletes must produce Photo ID at the weigh-in. Failure to produce ID will result in the athlete not being permitted to contest the event.
6. Each State Member can nominate a team of up to 10 qualified men (max 2/category) plus 2 reserves; and up to 10 qualified women (max 2/category) plus 2 reserves.
7. A State Member can enter more than 10 men provided that each lifter has achieved the minimum qualification standard in an AWF sanctioned competition during the stated qualifying period for the AWF Senior Men's Championships.
8. A State Member can enter more than 10 women provided that each lifter has achieved the minimum qualification standard in an AWF sanctioned competition during the stated qualifying period for the AWF Senior Women's Championships.
9. At the Verification of Final Entries the State Member must nominate the 10 men (max 2 per category) and/or 10 women (max 2 per category) who will constitute the State Team for the AWF Senior Championships. Any additional qualified lifters can compete in the Australian Senior Championships, win medals and any other individual awards, but cannot gain points for the State Team.
10. The final team submitted by each State Member consisting of a maximum of 10 men / 10 women (maximum of two competitors per category) must be declared at the verification of final entries via the AWF online verification system no later than 12:00 noon AEST on Wednesday 2nd August 2023.
11. The classification of each State team is calculated by adding the points allocated to each named team competitor at final verification of entries according to the following scale:

Placing in Competition	Team Classification		Placing in Competition	Team Classification
Gold	28 points		14 th Place	12 points
Silver	25 points		15 th Place	11 points
Bronze	23 points		16 th Place	10 points
4 th Place	22 points		17 th Place	9 points
5 th Place	21 points		18 th Place	8 points
6 th Place	20 points		19 th Place	7 points
7 th Place	19 points		20 th Place	6 points
8 th Place	18 points		21 st Place	5 points
9 th Place	17 points		22 nd Place	4 points
10 th Place	16 points		23 rd Place	3 points
11 th Place	15 points		24 th Place	2 points
12 th Place	14 points		25 th Place	1 point
13 th Place	13 points			

12. **Placing & Points** will be calculated from **Totals** only.
13. Any athlete not registering a result in the Snatch **will not** be allowed to participate in the Clean & Jerk section of the competition.

14. IWF TCRR 6.6.5 (20kg Rule) will apply. The total weight of the starting attempts declared and actually taken in the Snatch and the Clean & Jerk must equal or exceed the weight of the verified Entry Total minus twenty (20) kg. Preliminary Entry Totals can be changed at the verification of final entries.

15. Prize money

Men & Women

Overall 1st place – \$500

Overall 2nd place - \$200

Overall 3rd place – \$100

Prize money will be determined by the Sinclair formula.

16. **No REFUNDS** of entry fees will be issued after the Preliminary Entry List has been published on the AWF website unless the event is cancelled by the AWF.