

## AUSTRALIAN WEIGHTLIFTING FEDERATION INC ENTRY FORMS

<b>2009 Australian U16 Tournament</b>	
Location	Launceston, Tasmania
Date of Competition	Friday, 18 September 2009
Competition Venue	The Door of Hope Christian Church Corner of Glen Dhu & Heather Streets South Launceston TAS 7249
Qualifying Standard	None
Age Eligibility	Athletes born during or after 1999
Qualifying Period	None (Entries close, <b>Saturday, 22 August 2009</b> )
Entry Fee	\$50 per participant (inc GST)
Competition Format	<ul style="list-style-type: none"> <li>• Each State/Territory is permitted to enter as many under 16, (Born during or after 1999) male and female lifters as they wish.</li> <li>• Individual awards include: 2009 U.16 T-shirt; certificate and action photograph to all competitors; Top 5 male and female athletes receive a trophy. Team Awards include; top three teams receive medals and winning team a trophy in both male and female categories.</li> <li>• All female lifters must be able to perform a minimum starting weight of 15Kg in the Snatch and Clean &amp; Jerk. All male lifters must be able to perform a minimum starting weight of 20kg in the Snatch and Clean &amp; Jerk.</li> <li>• Overall individual trophies for the five best scores in both male and female categories (National Youth Standard % + bonuses) will be awarded.</li> <li>• Lifters can gain bonus points to be added to their % National Youth Standard score in three ways:-               <ol style="list-style-type: none"> <li>1. If a lifter achieves 3 out of 3 in the Snatch, they would get 3 points added to their score.</li> <li>2. If a lifter achieves 3 out of 3 in the Clean &amp; Jerk, they would get 3 points added to their</li> </ol> </li> </ul>

	<p>score.</p> <p>3. If a lifter sets a new Personal Best (PB) with their final Total, they will get 3 points added to their overall National Youth Standard % score.</p> <ul style="list-style-type: none"><li>• These bonus points are designed to encourage lifters and coaches to achieve six successful lifts and achieve a PB Total. If they do so, they will receive 9 bonus points (3 for Snatch and 3 for Clean &amp; Jerk and 3 for Total).</li><li>• PB Totals will be based on the lifters best ever result achieved prior to the closing date of entries. The PB results will be confirmed by the AWF Record Keeper according to all results received prior to the closing of entries being 22 August, 2009.</li><li>• Overall Team Shield will be given in accordance with total points earned by each respective State and Territory by adding individual scores together to provide an overall team score (emphasis on participation numbers).</li><li>• State Teams will be comprised of three lifters that shall be nominated by Team Officials at the verification of entries that will take place on Thursday 17 October, 2009 in Launceston.</li></ul>
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**Australian U16 Tournament**  
Friday, 18 September 2009 • Launceston, TASMANIA

Official Entry Form

<b>STATE / TERRITORY</b>	
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<b>ATHLETE NAME</b>	
<b>ADDRESS</b>	
<b>DATE OF BIRTH</b>	

<b>CATEGORY ENTERED</b>	
<b>GENDER</b>	

<b>BEST TOTAL</b>	
<b>DATE ACHIEVED</b>	

<b>SIGNATURE OF ENTRANT</b>	
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<b>NAME OF COACH</b>	
<b>SIGNATURE OF COACH</b>	

Entries close on **Saturday, 22 August 2009** and must be submitted to the AWF, no later than COB on Monday, 24 August 2009

**Australian U16 Tournament**  
Friday, 18 September 2009 • Launceston, TASMANIA

Summary of Final Entries

<b>STATE / TERRITORY</b>	
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No	Category	Athlete Name	Entry Total	Gender
1				M
2				M
3				M
4				M
5				M
6				M
7				M
8				M
9				M
10				M
Res				M
Res				M

No	Category	Athlete Name	Entry Total	Gender
1				W
2				W
3				W
4				W
5				W
6				W
7				W
8				W
9				W
Res				W
Res				W

<b>2009 Australian Youth Championships</b>	
Location	Launceston, Tasmania
Dates of Competition	19 – 20 September 2009
Competition Venue	The Door of Hope Christian Church Corner of Glen Dhu & Heather Streets South Launceston TAS 7249
Qualifying Standard	Youth
Age Eligibility	Athletes born between 1991 and 1996
Qualifying Period	01 January 2009 – 22 August 2009
Entry Fee	\$75 per participant (inc GST)
Awards	<ul style="list-style-type: none"> <li>• T-Shirt</li> <li>• Trophies – Top 3 per category</li> <li>• Team Trophy + photograph</li> </ul>

#### IMPORTANT NOTE

- The minimum age for participation in the Youth events is thirteen (13)  
Reference; IWF Technical Rules 1.2.2
- The minimum weight that can be lifted in a competition for men is twenty-six (26) kg, i.e. the bar (20kg) and collars loaded with two 0.5kg discs. The minimum weight that can be lifted in a competition for women is twenty-one (21) kg, i.e. the bar (15kg) and collars loaded with two 0.5kg discs.  
Reference; IWF Technical Rules 6.5.6

**Australian Youth Championships**  
19 – 20 September 2009 • Launceston, TASMANIA

Official Entry Form

<b>STATE / TERRITORY</b>	
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<b>ATHLETE NAME</b>	
<b>ADDRESS</b>	
<b>DATE OF BIRTH</b>	

<b>CATEGORY ENTERED</b>	
<b>GENDER</b>	

<b>BEST OFFICIAL TOTAL DURING QUALIFIED PERIOD</b>	
<b>DATE ACHIEVED</b>	

<b>SIGNATURE OF ENTRANT</b>	
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<b>NAME OF COACH</b>	
<b>SIGNATURE OF COACH</b>	

Entries close on **Saturday, 22 August 2009** and must be submitted to the AWF, no later than COB on Monday, 24 August 2009

**Australian Youth Championships**  
19 – 20 September 2009 • Launceston, TASMANIA

Summary of Final Entries

<b>STATE / TERRITORY</b>	
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No	Category	Athlete Name	Entry Total	Gender
1				M
2				M
3				M
4				M
5				M
6				M
7				M
8				M
9				M
10				M
Res				M
Res				M

No	Category	Athlete Name	Entry Total	Gender
1				W
2				W
3				W
4				W
5				W
6				W
7				W
8				W
9				W
Res				W
Res				W

<b>2009 Australian Junior Championships</b>	
Location	Melbourne, Victoria
Dates of Competition	19 – 20 September 2009
Competition Venue	The Door of Hope Christian Church Corner of Glen Dhu & Heather Streets South Launceston TAS 7249
Qualifying Standard	Junior
Age Eligibility	Athletes born between 1989 and 1996
Qualifying Period	01 January 2009 – 22 August 2009
Entry Fee	\$75 per participant (inc GST)
Awards	<ul style="list-style-type: none"> <li>• T-Shirt</li> <li>• Trophies – Top 3 per category</li> <li>• Team Trophy + photograph</li> </ul>

#### IMPORTANT NOTE

- The minimum age for participation in the Youth events is thirteen (13)  
Reference; IWF Technical Rules 1.2.2
- The minimum weight that can be lifted in a competition for men is twenty-six (26) kg, i.e. the bar (20kg) and collars loaded with two 0.5kg discs. The minimum weight that can be lifted in a competition for women is twenty-one (21) kg, i.e. the bar (15kg) and collars loaded with two 0.5kg discs.  
Reference; IWF Technical Rules 6.5.6

**Australian Junior Championships**  
19 – 20 September 2009 • Launceston, TASMANIA

Official Entry Form

<b>STATE / TERRITORY</b>	
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<b>ATHLETE NAME</b>	
<b>ADDRESS</b>	
<b>DATE OF BIRTH</b>	

<b>CATEGORY ENTERED</b>	
<b>GENDER</b>	

<b>BEST OFFICIAL TOTAL DURING QUALIFIED PERIOD</b>	
<b>DATE ACHIEVED</b>	

<b>SIGNATURE OF ENTRANT</b>	
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<b>NAME OF COACH</b>	
<b>SIGNATURE OF COACH</b>	

Entries close on **Saturday, 22 August 2009** and must be submitted to the AWF, no later than COB on Monday, 24 August 2009

**Australian Junior Championships**  
19 – 20 September 2009 • Launceston, TASMANIA

Summary of Final Entries

<b>STATE / TERRITORY</b>	
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No	Category	Athlete Name	Entry Total	Gender
1				M
2				M
3				M
4				M
5				M
6				M
7				M
8				M
Res				M
Res				M

No	Category	Athlete Name	Entry Total	Gender
1				W
2				W
3				W
4				W
5				W
6				W
7				W
Res				W
Res				W