



Australian Masters Weightlifting Championships

16 -17 March 2019

Marrara Indoor Sports Complex, 10 Abala Rd,
Marrara, Darwin NT 0812

2019 Australian Masters Weightlifting Championships	
Host State	Northern Territory Weightlifting Association Inc
Dates of Competition	Saturday 16 & Sunday 17 March 2019
Competition Venue	Marrara Indoor Sports Complex, 10 Abala Rd, Marrara, Darwin
Qualifying Standard	Athletes must have lifted in at least one AWF sanctioned event during the period 25 May 2018 – 17 February 2019
Age Eligibility	Athletes born during or before 1984
Categories	45/49/55/59/64/71/76/81/87/+87 WOMEN 10 Categories 55/61/67/73/81/89/96/102/109/+109 MEN 10 Categories
Qualifying Period	25 May 2018 – 17 February 2019
Entry Fee	\$130 per participant. Must be transferred electronically no later than Wednesday 23 January 2019
Awards	<ul style="list-style-type: none"> • T-Shirt • Medals – Top 3 per category • Trophy to Male/Female Champion of Champions • Trophy to Male/Female Age-Group Winners • Winning Male & Female Team Trophy and Medals

IMPORTANT NOTES:

- Payments and individual entries must be submitted via www.awf.com.au/registration/ **no later than Wednesday 23 January 2019.**
- Contestants must be financial members of a State Association, possess a valid AWF Membership Licence and must have contested at least one AWF Sanctioned event within the period 25 May 2018 – 17 February 2019.
- State Associations will select teams and submit the names of the five team members electronically via email bstuart@awf.com.au **prior to 12 noon ACST, Friday 15 March 2019**





Australian Masters Weightlifting Championships

16 -17 March 2019

Marrara Indoor Sports Complex, 10 Abala Rd,
Marrara, Darwin NT 0812

REGULATIONS:

1. The minimum weight that can be lifted in a competition for men is 26.0 kg, i.e. the bar (20 kg) and collars loaded with two 0.5 kg discs. The minimum weight that can be lifted in a competition for women is 21.0 kg, i.e. the bar (15 kg) and collars loaded with two 0.5 kg discs.
2. Athletes must produce photo ID at the weigh-in. Failure to produce photo ID will result in the athlete **not being able to contest the event**.
3. Athletes may compete in the category in which they have entered or go up or down categories. The category of choice must be declared via email bstuart@awf.com.au or text message to mobile +61 402 922 664 **no later than 12 noon ACST on Friday 15 March 2019**.
4. **Individual Placing** in the Australian Masters Weightlifting Championships will be calculated off **Totals** only.
5. An athlete who does not register a successful Snatch **will not be allowed** to continue in the Clean & Jerk
6. Athlete dress standard **MUST** conform to the IWF rules.
7. All individual entries and payments **MUST** be submitted **no later than Wednesday 23 January 2019** via website link: www.awf.com.au/registration/ - **NO LATE ENTRIES WILL BE ACCEPTED**
8. To fulfil the eligibility requirement athletes must have contested at least one AWF sanctioned event during the period 25 May 2018 – 17 February 2019
9. The male and female with the highest SMF score at the conclusion of the Australian Masters Weightlifting Championships will be awarded the Champion of Champions Trophy.
10. Successful Australian and Oceania Masters record attempts will be recognised.
11. Each Male and Female State team will consist of five (5) lifters plus two (2) reserve. States may enter a maximum of two (2) male teams and two (2) female teams. Scoring for the **Australian Masters Championship Teams competition** will be as per the IWF TCRR with the following proviso: If a team member is the only lifter in an age and weight group, the maximum points that can be earned is 23 (equivalent to 3rd. place). If there are two people in the age and weight group and both were selected in teams, the winner would earn 25 points and second would earn 23 points (equivalent to 2nd and 3rd. places)
12. The reserves and other additional lifters can compete in the championships, win medals and any other individual awards, but **cannot** gain points for the State Team.
13. The 'final' teams submitted by each State Member must be declared **prior to 12 noon ACST on Friday 15 March 2018** via email bstuart@awf.com.au
14. **NO REFUNDS WILL BE GIVEN ONCE THE PRELIMINARY ENTRY LIST HAS BEEN PUBLICISED.**



AIS



ELEIKO

