

## About Weightlifting Competitions in Tasmania



### Championships

Weightlifting Tasmania runs four state championships each year:

- Tasmanian Youth and Under 15 Championship
- Tasmanian Junior and Under 23 Championship
- Tasmanian Senior Championships
- Tasmanian Master Championships (for athletes over 35)

For the Under 17, Under 20, Under 23 and Senior Championships there are grading standards required.

For the Tasmanian Under 15 Championship and Tasmanian Masters Championships, the only entry requirement is that the member must have registered a competition total previously (have experience of at least one competition).

In championships, participants compete in bodyweight categories.

### The Presidents Cup

In addition to Championships, Weightlifting Tasmania runs a multi-event competition known as the Presidents Cup. There is no entry standard or requirement to compete in this event. Participants in the Presidents Cup collect points each time they compete, and the placegetters in the various sections of the Presidents Cup are determined by a count back of the participants four best results.

The various sections of the Presidents Cup include: Open Age, Under 20, Novice Open, Novice Under 17, Novice Under 17 Most Improved.

There are 6-7 rounds of the Presidents Cup every year and you can find the dates in the association calendar: <http://www.weightliftingtas.com/Calendar>

### Who can participate?

Anyone who is a **member** of Weightlifting Tasmania Inc. The membership currently costs: 20 years and over - \$70 per annum, 17 years and over but under 20 - \$60 per annum, under 17 - \$50.00. Memberships are on a 12-month anniversary basis. Irrespective of when a person joins, their membership lasts 12 months.

### Can I compete if I am a beginner?

Yes, you can compete in the Presidents Cup. It is where everyone starts. However, find a coach, a club or a lifter with some experience who can help you understand competition rules.

### What do I wear in competition?

Normally, it is a requirement that participants in A Weightlifting CCompetition must wear a costume that complies with international rules. However, beginners in the Presidents Cup are given special dispensation. Beginners may wear shorts and T-Shirt provided that elbows are not covered and the T-shirt is tucked in.

For persons who wish to buy a lifting costume that complies with international rules, please see the associations online shop at: <http://www.weightliftingtas.com/Shop>

### **How do I register to compete?**

If you are a member, you can register to compete by going to the website of Weightlifting Tasmania and clicking on "Competition Registration" on right side of top menu. The direct link is:

<https://states.awf.com.au/tas/COMPETITION>

You will need to know your AWF number which you will receive by email when you join Weightlifting Tasmania. If you cannot find this number, contact Leo Isaac at email: [teacher@leoisaac.com](mailto:teacher@leoisaac.com)