NSW WEIGHTLIFTING ASSOCIATION

events calendary

JANUARY

12 AWF Senior Qualifying Opens

13 NSW U15/Yth Qualifying Opens

26-28 Sydney International
Weightlifting Coaches
Conference (SIWCC)
Novotel & Quaycentre

FEBRUARY

10-11 Ralph Cashman Open

NSWWA League - Round 1

Quaycentre, Olympic Park

21-25 Oceania Snr, Jnr, Yth Champs Auckland, New Zealand

23 AWF U15/Yth Qualifying Opens

MARCH

2-3 AWF Level 1 Coaching Course Quaycentre, Olympic Park

3 Shred Barbell Open Shred Barbell, Blacktown

9 Hills Barbell Open
Clean Shred, Castle Hill

23-24 NSWWA Open

Quaycentre, Olympic Park

31 NSW Jnr U23 Qualifying Ends

31/3 - IWF World Cup 11/4 Phuket, Thailand

APRIL

13-14 NSW Jnr U23 Champs + Open Quaycentre, Olympic Park

1 NSW Masters Qualifying Ends AWF Jnr/U23 Qualifying Ends

MAY

3-5 NSW Masters Championships NSWWA League - Round 2 Quaycentre, Olympic Park

5 AWF Masters Qualifying Ends

19 MM Weightlifting Open MMWH, Smeaton Grange

22-26 IWF Youth World Champs.

25 Port Macquarie Open

nXtLvL Functional Movement

NSW Training Day - Jnr/U23

Quaycentre, Olympic Park

JUNE

1-2 OWF International Elite Tourn.

Melbourne, VIC

7-9 AWF Junior & U23 Champs.

Perth, WA

8-9 AWF Level 1 Coaching Course Port Macquarie

15 NSW Training Day - Masters

Quaycentre, Olympic Park

16 Bathurst Open Competition BXSC, Bathurst

19-23 AWF & OWF Masters Champs
& UMWF World Cup
Gold Coast, QLD

29 Burwood HP Open Quaycentre HP Gym

30 NSW Senior Qualifying Ends

JULY

12-14 NSW Senior Championships

Quaycentre, Olympic Park

14 AWF Senior Qualifying Ends

20 Hills Barbell Open

Clean Shred, Castle Hill

26/7 - Olympic Games 11/8 Paris, France

AUGUST

3-4 Memorial Open
NSWWA League - Round 3
Quaycentre, Olympic Park the

11 NSW U15/Yth Qualifying Ends

17 NSW Training Day - Seniors

Quaycentre, Olympic Park

24-25 NSW U15 Yth Champs + Open UBF, Newcastle

5 AWF U15/Yth Qualifying Ends



30/8- AWF Senior Championships 1/9 Sydney, NSW

SEPTEMBER

5-14 IMWA Masters World Champs.

Royaniemi, Finland

15 Marrickville Open

Marrickville Weightlifting Club

17-21 Comm. Snr, Jnr, Yth Champs. Suva. Fiii

19-27 IWF Junior World Champs.

Leon, Spain

23-29 UMWA Masters World Champs. Suva, Fiji

28 NSW Training Day - U15/U17

Quaycentre, Olympic Park

OCTOBER

6 Uplift Open
Uplift Gym, Merrylands

12-13 AusFitness Expo Invitational ICC, Sydney

18-20 AWF U15 & Yth Champs.

Hobart, TAS

26-27 Joe Hensel Open

NSWWA League - Round 4

Montage, Newcastle

NOVEMBER

2 Coffs Harbour Open Six Feat, Coffs Harbour

3 MM Weightlifting Open MMWH, Smeaton Grange

16 UBF Open UBF, Newcastle

23 NSWWA Awards Evening Alcott, Lane Cove

DECEMBER

Shred Barbell Open
Shred Barbell, Blacktown

4-14 IWF World Championships

Manama, Bahrain



Updated 25/01/2024

Qualifying periods and entry standards for NSW State Championship events can be found on the NSW website under the Resources tab.

Event dates and venues are subject to change