

To be Eligible to be selected to represent the QWA at the 2010 National Senior Championships, athletes must compete in the 2010 Queensland Senior Championships.

October 30 Qld Senior Championships

The minimum standard for entry in the Queensland Senior Championships is AWF Youth Standard.

The qualifying period for the Queensland Senior Championships is 15th October 2009 – 15th October 2010 – So League Round 4 is the last time to qualify

I	Male Category	Youth National Standard
	50k	96
	56k	100
	62k	115
	69k	124
	77k	130
	85k	139
	94k	144
	+94k	152

You need Senior to lift at Nationals

Qualifying Period 18 July, 2009– 14 November 2010

Male Category	Senior National Standard
56k	192
62k	206
69k	227
77k	250
85k	269
94k	283
105k	284
+105k	302