



PARA POWERLIFTING 2025 NATIONAL CHAMPIONSHIPS

**GOLD COAST
Saturday 5th July 2025**

**RACV Royal Pines Resort
Ross Street, Benowa, Queensland**

The Paralympics Australia (PA) Para Powerlifting 2025 National Championships will be held on the Gold Coast at the RACV Royal Pines Resort on Saturday 5th July 2025.

This event is open to all Para-powerlifting athletes, from novice through to elite, who are eligible to compete in Para-powerlifting competitions (minimum 15 years of age as of 31 December 2025).

The event is sanctioned by World Para Powerlifting (WPP). Approval is currently being sought to conduct International Classification prior to the competition. National Level Classification will be conducted prior to the competition.

SCHEDULE OF EVENTS

EVENT	DATES	VENUE – RACV ROYAL PINES RESORT
Arrivals	Thursday 3rd & Friday 4th July	
International Classification	Friday 4th July (AM)	Norfolk Room – Norfolk Hall
National Classification	Friday 4th July (AM)	Karrie Webb Room – Norfolk Hall
Weigh In	Friday 4th July (2pm)	Norfolk Room – Norfolk Hall
Technical Meeting	Friday 4th July (6.30pm)	Prince Room
Competition	Saturday 5th July (2.30 pm and 5.30PM)	Prince Room
Departures	Saturday 5th & Sunday 6th July	

The Event

- National Level Sanctioning approval has been granted by WPP, which will enable athletes holding a current International Classification and Athlete License to have their results recognised within WPP rankings.
- Weigh-in will be conducted in the Norfolk Room – Norfolk Hall at 2:00pm on **Friday 4th July**. Please arrive at the venue at least 15mins prior.
- Light refreshments will be available following weigh-in.
- Warm-up will commence at 1.30pm

- The competition will be held on **Saturday 5th July** with the first session commencing at 2:30pm and the second session at 5.30pm. The final competition schedule will be distributed to all athletes following close of entries.
- The event will be conducted under **World Para Powerlifting rules**.

Qualifying Standards

There are NO minimum qualification standards for this competition. The competition is open to all athletes with an **eligible impairment**, from emerging to elite level (minimum age 15 years by 31st December 2025). Emerging or new athletes may be required to provide information or evidence of current training and lifting involvement, including video evidence of lifting technique if requested for safety purposes.

Body Weight Divisions

WOMEN	Up to 41kg	Up to 45kg	Up to 50kg	Up to 55kg	Up to 61kg	Up to 67kg	Up to 73kg	Up to 79kg	Up to 86kg	Over 86kg
MEN	Up to 49kg	Up to 54kg	Up to 59kg	Up to 65kg	Up to 72kg	Up to 80kg	Up to 88kg	Up to 97kg	Up to 107kg	Over 107kg

International Athletes

The level of Sanctioning for this event only allows for a limited number of international athletes outside of Australia to have their results recognised for WPP Ranking purposes, with priority provided to athletes from within the Oceania region. Please contact us for further information and clarification.

Entry

Entries will be accepted online only at the following link:

<https://forms.office.com/r/ULqk9zC7ej>

Further information is available via the Para Powerlifting Sport page on the [Paralympics Australia](https://www.paralympicsaustralia.org.au) website.

Close of entries is at 11:59PM Monday 2 June AEST

Late Entries will NOT be accepted

The Venue

The competition will be conducted at:

RACV Royal Pines Resort
Ross Street, Benowa

Queensland, 4217

Accommodation

Accommodation is available at the Royal Pines Resort. Twin room rate is available at \$219 per night.

Doping Control

The event will be subject to anti-doping testing. Paralympics Australia's Anti-Doping Policy is the Australian National Anti-Doping Policy, effective from January 1st 2021, and can be found on the **[Sport Integrity Australia website](#)**. All athletes participating are bound by these rules.

Please ensure any **[Therapeutic Use Exemptions \(TUE\) documentation](#)** is up to date and submitted to the relevant authorities in advance of the competition.

Further anti-doping education and e-Learning modules are available on the **[Sport Integrity Australia](#)** website.

Competition Lifting Uniforms

Athletes who compete under WPP approved competitions must wear one piece lifting suits as required by WPP rules:

[World Para Powerlifting Rules](#)

Result Calculations

Results of the event will be determined using the **[Para Powerlifting Co-efficient Formula](#)**

Presentations

A presentation ceremony will take place at the venue at the completion of the competition. Medals will be awarded for the top 3 female and top 3 male lifts. We will be using the Coefficient Formula to calculate results for the competition and also award a medal for the best lift based on the formula.

Live Stream

To catch all the action, Paralympics Australia Facebook page.

Withdrawals

Competitors wishing to withdraw from the event after entries may do so until Friday 20 June 2025. Despite there being no fee to participate, please advise if you have entered but do not intend to compete as this will affect the scheduling of events.

All withdrawals must be received in writing. Withdrawals due to illness or injury must be accompanied by a medical certificate. Withdrawals without providing the above information and requirements may impact of acceptance of entries at future competitions.

For further information please contact:

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Website: **Para-powerlifting | Paralympics Australia**