

# 2025 GSAA LIFTING SEASON

**1** Interstate open  
8th Feb

**2** Interstate open  
8th Mar

**WKSF OCEANIA CUP**  
29th–30th Mar

Melbourne

**3** Interstate open  
3rd May

**4** Interstate open  
31st May

**5** Interstate open  
28th Jun

**6** Interstate open  
26th Jul

**STATE OF ORIGIN**  
16th Aug

no video  
submission

**NATIONALS**  
20th–21st Sep

Perth

**IUKL OCEANIA CUP**  
29th Nov

ALBURY

