



WEIGHTLIFTING IRELAND

European Senior Championships | Qualifying Procedures

Event Details:

European Senior Championships

Date: March 23rd - April 1st, 2018

Venue: Tirana, Albania.

Below are the minimum standards set out by Weightlifting Ireland for Irish athletes who wish to be selected to compete at these championships.

For an athlete to be considered for selection for this competition they must:

1. Hold a valid Irish passport **and/or** be resident for a minimum of 3 years on the Island of Ireland and have been deemed eligible to represent Ireland based on approval by the Board of Weightlifting Ireland.

In the case of multiple citizenship, the athlete must **NOT** have represented any other country at a competition or competitions organised by the IWF or any of it's continental federations, within a twelve-month period.

2. Be a current member of Weightlifting Ireland, and be in good standing with Weightlifting Ireland and/or its affiliated bodies or partners.
3. Be compliant with the Weightlifting Ireland & Sport Ireland anti-doping procedures.
4. Be fully compliant with the ADAMS whereabouts system no later than January 3rd, 2018.
5. Have achieved the relevant Weightlifting Ireland qualification standard (please see table below) in a sanctioned Weightlifting Ireland competition starting from the 2017 Leinster Open and ending with the 2018 National Senior Championships (inclusive).



6. To be deemed eligible, athletes must compete at the 2018 National Senior Championships and have competed at one or more second tier international-level competition (including, but not limited to the Celtic Nations, Small Nations, Women's International Grand Prix etc).
7. Selection for any international competition is at the discretion of the Weightlifting Ireland Board and in exceptional circumstances the Board reserves the right to select athletes who have not met all the above criteria, if it is deemed to be in the best interest of Weightlifting Ireland and its members.

The minimum standards for men and women to be considered for the European Championships in 2018 are as follows:

Men		Women	
<u>Weight Class</u>	<u>Total</u>	<u>Weight Class</u>	<u>Total</u>
-56kg	209kg	-48kg	129kg
-62kg	225kg	-53kg	140kg
-69kg	242kg	-58kg	150kg
-77kg	259kg	-63kg	159kg
-85kg	272kg	-69kg	168kg
-94kg	285kg	-75kg	176kg
-105kg	298kg	-90kg	191kg
+105kg	315kg	+90kg	201kg

*** Qualification deadline for this competition is the 2018 National Senior Championships – February 3rd & 4th at L.I.T Thurles, Co. Tipperary.*