



European Junior & U23 – Weightlifting Ireland Qualifying Procedures

The European Junior & U23 Championships are scheduled to take place October 15-22th in Tirana, Albania.

Weightlifting Ireland has set out minimum standards for Irish athletes who wish to compete at these championships.

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

1. Hold a valid Irish passport or hold residency for a minimum of 3 years on the Island of Ireland.
2. (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 its continental federations, within a twelve month period).
3. Be a current member of Weightlifting Ireland, and be in good standing with Weightlifting Ireland and/or its affiliated bodies or partners.
4. Be compliant with the Weightlifting Ireland anti-doping procedures.
5. Be fully compliant with the ADAMS whereabouts system no later than July 31st 2017
6. Be aged between fifteen and nineteen years old (inclusive) on the 1st of January 2017 to qualify as Junior lifter.
7. Be aged between twenty and twenty two years old (inclusive) on the 1st of January 2017 to qualify as an U23 lifter.
8. Have achieved the relevant Weightlifting Ireland qualification standard (please see below) in a sanctioned Weightlifting Ireland competition starting from the National Senior Championships 2017 and ending with the National Junior & U23 Championships (inclusive).
9. In order to be deemed eligible, athletes must compete at the National Junior & U23 Championships 2017

European Junior/U23 Championships minimum standards – Men

	Junior	U23
56	190	206
62	211	222
69	226	237
77	241	253
85	253	266
94	265	278
105	276	289
Over 105	290	302

European Junior/U23 Championships minimum standards – Women

	Junior	U23
48	120	126
53	130	136
58	138	145
63	145	152
69	153	160
75	160	168
90	173	181
Over 90	185	194

For any queries on the selection procedures for this competition, please email secretary@weightliftingireland.com