



WEIGHTLIFTING IRELAND

National Championships, 2019 – Qualification Entry Totals

Men	
<u>Weight Class</u>	<u>Total</u>
-55kg	162kg
-61kg	174kg
-67kg	185kg
-73kg	195kg
-81kg	206kg
-89kg	216kg
-96kg	222kg
-102kg	228kg
-109kg	233kg
+109kg	240kg

Women	
<u>Weight Class</u>	<u>Total</u>
-45kg	98kg
-49kg	103kg
-55kg	112kg
-59kg	118kg
-64kg	124kg
-71kg	131kg
-76kg	136kg
-81kg	140kg
-87kg	144kg
+87kg	150kg



**** Qualification deadline - December 31st, 2018.**

**** Due to new IWF weight classes that are coming into use internationally on the 1st of November 2018 athletes have four opportunities starting this October to achieve the minimum standards for all NEW weight classes!**

***** For questions and further information email info@weightliftingireland.com**

Competition Details:

Cork Open / Munster Development
6th & 7th, October @ Cork Weightlifting Club

Letterkenny Open / Ulster Development
17th, November @ CrossFit Letterkenny

National Club Championships
1st & 2nd, December @ All Core Gym, Galway

Connaught Open Championships
1st & 2nd, December @ All Core Gym, Galway.

For athletes residing outside of Ireland who cannot attend any of the above competitions please contact info@weightliftingireland.com.

The Weightlifting Ireland Executive 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.

