



# WEIGHTLIFTING IRELAND

## European Senior Championships | Qualifying Procedures

### Event Details:

European Senior Championships - 2019

Date: March 15<sup>th</sup> - April 1<sup>st</sup>, 2019

Venue: Batumi, Georgia.

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 3<sup>rd</sup>, 2019.
5. Have achieved the relevant Weightlifting Ireland qualification standard (please see table below) in a sanctioned Weightlifting Ireland competition starting from the Cork Open (6<sup>th</sup> & 7<sup>th</sup> of October 2018) and ending with the National Senior Championships (February 2019) (inclusive).



6. To be deemed eligible, athletes must compete at the 2018 National Senior Championships or 2018 Club 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 2019 are as follows:

Men		Women	
<u>Weight Class</u>	<u>Total</u>	<u>Weight Class</u>	<u>Total</u>
-55kg	210kg	-45kg	125kg
-61kg	226kg	-49kg	135kg
-67kg	241kg	-55kg	147kg
-73kg	253kg	-59kg	154kg
-81kg	268kg	-64kg	162kg
-89kg	180kg	-71kg	172kg
-96kg	289kg	-76kg	178kg
-102kg	296kg	-81kg	183kg
-109kg	302kg	-87kg	189kg
+109kg	320kg	+87kg	196kg

**\*\* Qualification deadline for this competition is the 2019 National Senior Championships – February 2019.**