



WEIGHTLIFTING IRELAND

European Junior & U23 Championships | Qualifying Procedures

Event Details:

European Junior & U23 Championships - 2019

Date: July 7th - July 17th, 2019

Venue: Chisinau, Moldova.

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 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 its 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 90 days before the start of the event. Athletes are solely responsible for ensuring that they are set up on the ADAMS system and have submitted their whereabouts in time.
5. Have achieved the relevant Weightlifting Ireland qualification standard (please see table below) in a sanctioned Weightlifting Ireland competition in the 6 months prior to the start of the competition.





6. Athletes and Coaches must sign Weightlifting Ireland “Code of Conduct” agreement. Contact secretary@weightliftingireland.com for document.
7. To be deemed eligible, athletes must have competed at the 2018 National Junior/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).
8. Athletes are also required to compete in the National Senior **OR** Junior & U23 Championships 2019.
9. 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 Junior & U23 Championships in 2019 are as follows:

Men		
	U23's	Junior
<u>Weight Class</u>	<u>Total</u>	<u>Total</u>
-55kg	200kg	191kg
-61kg	216kg	205kg
-67kg	229kg	218kg
-73kg	242kg	230kg
-81kg	256kg	243kg
-89kg	267kg	254kg
-96kg	276kg	262kg
-102kg	282kg	268kg
-109kg	288kg	274kg
+109kg	302kg	288kg

Women		
	U23's	Junior
<u>Weight Class</u>	<u>Total</u>	<u>Total</u>
-45kg	120kg	114kg
-49kg	129kg	122kg
-55kg	140kg	133kg
-59kg	147kg	140kg
-64kg	155kg	147kg
-71kg	164kg	156kg
-76kg	169kg	161kg
-81kg	174kg	166kg
-87kg	180kg	171kg
+87kg	186kg	177kg

** Qualification deadline for this competition is the Youth/Junior & U23 Championships, April 28th, 2019.

