



WEIGHTLIFTING IRELAND

National Championships, 2020 – 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 period:**

National Senior Championships, 2019 (February 2nd, 2019) to December 31st, 2019.

Terms & Conditions:

- 1. Athletes must meet or exceed these standards in competition in order to compete at the Weightlifting Ireland National Senior Championships 2020.*
- 2. All Weightlifting Ireland athletes must be in compliance with the WADA code and the Sport Ireland and IWF rules for 2019/2020.*
- 3. Please note - athletes **must** be a Weightlifting Ireland member in good standing on the date that these standards are attained. It is **not** acceptable to meet or exceed the qualifying standard and then join Weightlifting Ireland.*
- 4. Weightlifting competitions sanctioned by any other IWF recognised NGB may also be used towards these standards.*
- 5. Athletes and/or their Clubs/coaches must notify Weightlifting Ireland before competing in an event run by another national weightlifting federation **and** supply the General Secretary with the results after the event in order to be considered towards National or International standards and towards the Weightlifting Ireland ranking list.*

For concerns and questions 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.

