



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:**

February 3^d, 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.
6. Athletes must wear a weightlifting singlet to compete.
7. Athletes must bring a Passport and/or Drivers Licence for weigh in to compete.

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.

