



WEIGHTLIFTING IRELAND

European Senior Championships | Qualifying Procedures

Event Details:

European Senior Championships - 2020

Date: April 2nd - April 12th, 2020

Venue: Moscow, Russia

Below are the minimum standards set out by Weightlifting Ireland for Irish athletes who wish to be considered for selection 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.
 - a. 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 75 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. **Cut-off date 20th January 2020.**
For further information please email secretary@weightliftingireland.com
5. Have achieved the relevant Weightlifting Ireland qualification standard (please see table below) in a sanctioned Weightlifting Ireland competition starting from the Club Championships (June 2019) and ending with the National Senior Championships (February 2020) (inclusive).



6. Athletes, Coaches and team members must sign Weightlifting Ireland “International Code of Conduct” agreement. To receive document contact secretary@weightliftingireland.com
7. To be deemed eligible, athletes must compete at the 2020 National Senior Championships **OR** 2019 Club Championships and have competed at one or more second tier international-level competition (including, but not limited to the Celtic Nations, Women's International Grand Prix etc).
8. 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.
9. Athletes if selected must be willing to assist at Weightlifting Ireland competitions and events during 2020. For further information contact: secretary@weightliftingireland.com

The minimum standards for men and women to be considered for the European Senior Championships in 2020 are as follows:

Men		Women	
<u>Weight Class</u>	<u>Total</u>	<u>Weight Class</u>	<u>Total</u>
-55kg	218kg	-45kg	130kg
-61kg	235kg	-49kg	140kg
-67kg	251kg	-55kg	153kg
-73kg	263kg	-59kg	160kg
-81kg	279kg	-64kg	168kg
-89kg	291kg	-71kg	179kg
-96kg	301kg	-76kg	185kg
-102kg	308kg	-81kg	190kg
-109kg	314kg	-87kg	197kg
+109kg	333kg	+87kg	204kg

** ALL Totals have been increased by 4% from 2018 numbers.

** Qualification deadline for this competition is the 2020 National Senior Championships – February 2020.

** ADAMS compliant before 20th January 2020