



WEIGHTLIFTING IRELAND

National Championships, 2021 – Qualification Entry Totals

Men	
<u>Weight Class</u>	<u>Total</u>
-55kg	165kg
-61kg	177kg
-67kg	189kg
-73kg	199kg
-81kg	210kg
-89kg	220kg
-96kg	226kg
-102kg	233kg
-109kg	238kg
+109kg	245kg

Women	
<u>Weight Class</u>	<u>Total</u>
-45kg	100kg
-49kg	105kg
-55kg	114kg
-59kg	120kg
-64kg	126kg
-71kg	134kg
-76kg	139kg
-81kg	143kg
-87kg	147kg
+87kg	153kg

** ALL Totals have been increased by 2% from 2020 numbers.



**** Qualification period:**

February 3^d, 2020 to December 31st, 2020

(excluding the National Senior Championships – 2020)

Terms & Conditions:

1. Athletes must meet or exceed these standards in competition in order to compete at the Weightlifting Ireland National Senior Championships 2021.
2. All Weightlifting Ireland athletes must be in compliance with the WADA code and the Sport Ireland and IWF rules for 2020/2021.
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 for weigh in to compete.

For concerns and questions please contact competitions@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.

