



# WEIGHTLIFTING IRELAND

## National Age-Grade Championships, 2023

(U13, Youth, Junior & U23)

### Qualification Entry Totals

<b>Men</b>		
	<b>U13 &amp; Youth</b>	<b>Junior &amp; U23s</b>
<u>Weight Class</u>	<u>Total</u>	<u>Total</u>
-55kg	74kg	89kg
-61kg	80kg	96kg
-67kg	85kg	102kg
-73kg	89kg	108kg
-81kg	94kg	114kg
-89kg	99kg	119kg
-96kg	102kg	123kg
-102kg	104kg	126kg
-109kg	107kg	129kg
+109kg	110kg	132kg

<b>Women</b>		
	<b>U13 &amp; Youth</b>	<b>Junior &amp; U23s</b>
<u>Weight Class</u>	<u>Total</u>	<u>Total</u>
-45kg	30kg	38kg
-49kg	32kg	41kg
-55kg	35kg	44kg
-59kg	36kg	47kg
-64kg	38kg	49kg
-71kg	41kg	52kg
-76kg	43kg	54kg
-81kg	44kg	55kg
-87kg	45kg	57kg
+87kg	47kg	60kg



**\*\* Qualification period:**

October 1st, 2022, - August 31st, 2023

**Terms & Conditions:**

1. Athletes must meet or exceed these standards in a competition to compete at the Weightlifting Ireland National Age-Grade Championships 2023.
2. All Weightlifting Ireland athletes must be in compliance with the WADA code and the Sport Ireland and IWF rules for 2022/2023.
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 after.
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 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 be Irish citizens and bring a current passport for weigh in to compete. If no Irish passport has been issued yet, proof of birth on the island of Ireland will be accepted (birth certificate).
8. Age eligibility for athletes for 2023:
  - a. **U13 / (13 & Under)**  
Athletes born from 31st December 2010 (13) and before are eligible to participate.
  - b. **Youth / (13-17)**  
Athletes born between 1st January 2006 (17) and 31st December 2010 (13) are eligible to participate.
  - c. **Junior / (15-20)**  
Athletes born between 1<sup>st</sup> January 2003 (20) and 31<sup>st</sup> December 2008 (15) are eligible to participate.
  - d. **U23 / (21-23)**  
Athletes born between 1<sup>st</sup> January 2000 (23) and 31<sup>st</sup> December 2002 (21) are eligible to participate.

For concerns and questions please contact: [ [competitions@weightliftingireland.com](mailto:competitions@weightliftingireland.com) ]

The Weightlifting Ireland Executive Board reserves the right to allow athletes who have not met all the above criteria to enter & compete, if it is deemed to be in the best interest of Weightlifting Ireland and its members.

