



# WEIGHTLIFTING IRELAND

## European Junior & U23 Championships | Qualifying Procedures

### Event Details:

European Junior & U23 Championships - 2023

Date: July 24<sup>th</sup> – August 3<sup>rd</sup> 2023

Venue: Bucharest, Romania

Below are the minimum standards set out by Weightlifting Ireland for Irish athletes who wish to be considered for selection to compete 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 and attend annual anti-doping education.
4. Be fully compliant with the ADAMS whereabouts system no later than **90 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. For further information please email: [ [ADAMS@weightliftingireland.com](mailto:ADAMS@weightliftingireland.com) ]
5. Have achieved the relevant Weightlifting Ireland qualification standard (please see table below) in a sanctioned Weightlifting Ireland event (squad session and/or competition) **within 6 to 8 months prior** to the competition date.
6. A completed formal **“Application of Interest”** must have been received via our online form for athletes to be considered for selection.
7. Athletes, Coaches, and team members must sign Weightlifting Ireland “International Code of Conduct” agreement. To receive documentation & more information, contact: [ [secretary@weightliftingireland.com](mailto:secretary@weightliftingireland.com) ]
8. To be deemed eligible, athletes must have competed at the National Age-Grade Championships and/or the National Senior Championships, 2022 **AND** at one or



more second tier international-level competition (including, but not limited to the Celtic Nations, Women's International Grand Prix, Small Nations, Welsh Open etc).

9. 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.
10. Athletes if selected must be willing to assist at Weightlifting Ireland competitions and events. For further information contact: [ [secretary@weightliftingireland.com](mailto:secretary@weightliftingireland.com) ]
11. Age eligibility for athletes for 2023:
  - a. **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 in the Junior Championships.
  - b. **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 in the Under 23 Championships.

The minimum standards for men and women to be considered for the European Junior & U23 Championships in 2023 are as follows:

<b>Men</b>		
	<b>U23's</b>	<b>Junior</b>
<u>Weight Class</u>	<u>Total</u>	<u>Total</u>
-55kg	204kg	195kg
-61kg	220kg	209kg
-67kg	234kg	222kg
-73kg	247kg	235kg
-81kg	261kg	248kg
-89kg	272kg	259kg
-96kg	281kg	267kg
-102kg	288kg	273kg
-109kg	294kg	279kg
+109kg	308kg	294kg

<b>Women</b>		
	<b>U23's</b>	<b>Junior</b>
<u>Weight Class</u>	<u>Total</u>	<u>Total</u>
-45kg	122kg	116kg
-49kg	132kg	124kg
-55kg	143kg	136kg
-59kg	150kg	143kg
-64kg	158kg	150kg
-71kg	167kg	159kg
-76kg	172kg	164kg
-81kg	177kg	169kg
-87kg	184kg	174kg
+87kg	190kg	181kg

\*\* ALL Totals have been increased by 2% from 2018 numbers.