



WEIGHTLIFTING IRELAND

IWF Masters World Championships | Qualifying Procedures

Event Details:

IMWA Masters World Championships - 2023

Date: August 18th – 26th, 2023

Venue: Wieliczka/Krakow, Poland

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 and attend annual anti-doping education.
4. Have achieved the relevant Weightlifting Ireland qualification standard (please see table below) in a sanctioned Weightlifting Ireland event (squad session and/or competition) during the qualification period outlined below.
5. A completed formal “**Application of Interest**” must have been received via our online form for athletes to be considered for selection.
6. Athletes, Coaches, and team members must sign Weightlifting Ireland “International Code of Conduct” agreement. To receive documentation & more information, contact: [secretary@weightliftingireland.com]
7. Athletes if selected must be willing to assist at Weightlifting Ireland competitions and events. For further information contact: [secretary@weightliftingireland.com]



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.

* **Qualifying period: 25th August 2019 to 19th June 2023.**

* **Registration period: 1st April 2023 to 19th June 2023.**

The minimum standards for men and women to be considered for the IMWA Masters World Championships in 2023 are as follows:

 <div style="text-align: center;"> 2023 WORLD MASTERS WEIGHTLIFTING CHAMPIONSHIP QUALIFYING TOTALS Wieliczka, Krakow - POLAND 18th - 26th August 2023 </div> 											
Qualification Period from 25th August 2019 to 19th June 2023											
MINIMUM WEIGHT ON THE BARBELL 26kg											
Men BW Cat's	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
55	160	151	140	130	117	106	94	83	70	58	52
61	178	168	156	144	130	118	105	92	78	63	52
67	194	183	170	157	142	128	114	100	85	70	54
73	206	194	180	167	151	136	121	106	90	74	58
81	218	205	191	176	159	144	128	112	96	79	61
89	228	215	200	184	166	150	134	117	100	82	62
96	235	222	206	190	172	155	138	121	103	83	63
102	240	227	211	195	176	159	141	124	103	83	63
109	246	232	215	199	180	162	144	124	104	83	63
109+	252	238	221	204	185	167	145	125	104	83	63
MINIMUM WEIGHT ON THE BARBELL 21kg											
Women BW Cat's	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
45	90	84	77	68	59	52	46	42	42	42	42
49	99	93	85	75	65	57	51	45	42	42	42
55	110	103	94	83	72	63	57	50	43	42	42
59	117	110	100	88	77	67	60	53	46	42	42
64	123	115	105	93	81	71	63	56	48	42	42
71	130	122	111	99	86	75	67	59	51	42	42
76	135	126	115	102	89	77	69	61	53	43	42
81	139	130	118	105	91	80	71	63	53	43	42
87	143	134	122	108	94	82	74	64	54	43	42
87+	150	141	128	113	99	86	76	65	54	43	42