



# WEIGHTLIFTING IRELAND

## National Senior Championships – 2024

### Qualification Entry Totals

<b>Men</b>	
<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

<b>Women</b>	
<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.

\*\* ALL Totals have remained the same since January 2021 to present date (2024).



**\*\* Qualification period:**

August 1<sup>st</sup>, 2023 - August 1<sup>st</sup>, 2024

**Terms & Conditions:**

1. Athletes must meet or exceed these standards in competition to compete at the Weightlifting Ireland National Senior Championships 2024.
  - An athlete can enter in a lower weight category to compete once they have exceeded the qualification total in said weight category.
  - For example, an athlete competes as a -71kg lifter and achieves the total for the -71kg category. They have also just exceeded the -64kg total by default, therefore they can enter as a -64kg athlete if they wish.
  - Once entered and the date for bodyweight changes has passed, athletes can no longer change categories. If you fail to make weight on the day, you cannot medal and you will compete as a guest.
2. All Weightlifting Ireland athletes must be in compliance with the WADA code and the Sport Ireland and IWF rules for 2023/2024.
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 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.

For concerns and/or 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.

