



WEIGHTLIFTING IRELAND

National Age-Grade Championships - 2024

(U13, U15, Youth, Junior & U23)

Qualification Entry Totals

Men				
	U13 & U15	Youth	Junior	U23s
<u>Weight Class</u>	<u>Total</u>	<u>Total</u>	<u>Total</u>	<u>Total</u>
-55kg	74kg	76kg	89kg	92kg
-61kg	80kg	82kg	96kg	99kg
-67kg	85kg	88kg	102kg	105kg
-73kg	89kg	92kg	108kg	111kg
-81kg	94kg	97kg	114kg	117kg
-89kg	99kg	102kg	119kg	123kg
-96kg	102kg	105kg	123kg	127kg
-102kg	104kg	107kg	126kg	130kg
-109kg	107kg	110kg	129kg	133kg
+109kg	110kg	113kg	132kg	136kg

Women				
	U13 & U15	Youth	Junior	U23s
<u>Weight Class</u>	<u>Total</u>	<u>Total</u>	<u>Total</u>	<u>Total</u>
-45kg	30kg	31kg	38kg	39kg
-49kg	32kg	33kg	41kg	42kg
-55kg	35kg	36kg	44kg	45kg
-59kg	36kg	37kg	47kg	48kg
-64kg	38kg	39kg	49kg	50kg
-71kg	41kg	42kg	52kg	54kg
-76kg	43kg	44kg	54kg	56kg
-81kg	44kg	45kg	55kg	57kg
-87kg	45kg	46kg	57kg	59kg
+87kg	47kg	48kg	60kg	62kg

** Youth & U23 totals have been increased by 3% from U13/U15 & Junior totals (2024).



**** Qualification period:**

September 25th, 2023 - July 1st, 2024

Terms & Conditions:

1. Athletes must meet or exceed these standards in a competition to compete at the Weightlifting Ireland National Age-Grade Championships 2024.
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 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 2024:
 - a. **U13 / (13 & Under)**
Athletes born from 31st December 2011 (13) and before are eligible to participate.
 - b. **Youth / (13-17)**
Athletes born between 1st January 2007 (17) and 31st December 2011 (13) are eligible to participate.
 - c. **Junior / (15-20)**
Athletes born between 1st January 2004 (20) and 31st December 2009 (15) are eligible to participate.
 - d. **U23 / (21-23)**
Athletes born between 1st January 2001 (23) and 31st December 2003 (21) are eligible to participate.

For concerns and questions please contact: [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.

