



WEIGHTLIFTING IRELAND

European Masters Championships | Qualifying Procedures

Event Details:

European Masters Championships - 2024

Dates: June 15th – 23rd, 2024

Venue: Haugesund, Norway

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) with the qualification period outlined.
5. A completed **“entry request form”** including a copy of your passport and details of when/where you achieved the qualification total during the qualification period. To receive documentation & more information, contact: [secretary@weightliftingireland.com]
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: [competitions@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: 12th May 2023 to 1st April 2024.**
- **Registration period: 1st February 2024 to 1st April 2024.**

The minimum standards for men and women to be considered for the European Masters Championships in 2024 are as follows:

2024 EMWA QUALIFYING STANDARDS											
			2024 EMWA QUALIFYING STANDARDS Haugesund, NORWAY 15th- 23rd June 2024 Qualifying Period 12th May 2023 - 1st April 2024								
2024 IMWA Qualifying Standards (WOMEN)											
MINIMUM WEIGHT ON THE BARBELL 21kg (W75 to W85 - 15kg)											
B/W Cat.	W85	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35
45	30	31	35	40	44	47	55	65	69	74	79
49	30	32	36	40	45	50	60	70	75	80	85
55	30	32	36	44	50	56	65	77	82	88	93
59	30	32	36	47	53	59	69	81	86	93	102
64	30	32	36	50	56	62	73	86	91	100	105
71	30	32	37	53	60	66	78	91	98	105	111
76	30	32	37	55	62	69	81	95	101	109	115
81	30	32	37	57	64	71	85	98	105	112	119
87	30	32	37	59	66	73	87	101	108	116	123
87	30	32	37	60	68	76	90	105	111	119	126
2024 IMWA Qualifying Standards (MEN)											
MINIMUM WEIGHT ON THE BAR 26kg (M80 to M85 - 15kg)											
B/W Cat.	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35
55	30	31	64	74	87	101	110	127	136	144	153
61	30	31	70	80	94	109	119	138	147	156	165
67	30	31	74	86	101	116	127	147	157	166	176
73	30	32	79	91	106	123	134	155	165	176	186
81	30	32	83	96	113	130	142	164	175	186	197
89	30	32	87	101	118	136	149	172	184	195	207
96	30	33	101	104	122	141	154	178	190	202	214
102	30	33	102	107	125	144	158	182	195	207	219
109	30	33	103	109	128	148	161	187	199	211	224
109	30	34	104	112	132	152	166	192	205	218	231