



WEIGHTLIFTING IRELAND

World Masters Championships | Qualifying Procedures

Event Details:

World Masters Championships - 2024

Dates: September 5th – 14th, 2024

Venue: Rovaniemi, Finland

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: 18th August 2023 to 30th June 2024.**
- **Registration period: 15th April 2024 to 30th June 2024.**

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



2024 IMWA QUALIFYING STANDARDS

5th - 14th September 2024
Rovaniemi, FINLAND

(Qualification Period from 18th Aug. 2023 to 30th June 2024)



MINIMUM WEIGHT ON THE BARBELL 26kg (M80 & M85 30kg)											
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	32	30
61	178	168	156	144	130	118	105	92	78	32	30
67	194	183	170	157	142	128	114	100	85	32	30
73	206	194	180	167	151	136	121	106	90	33	31
81	218	205	191	176	159	144	128	112	96	33	31
89	228	215	200	184	166	150	134	117	100	33	31
96	235	222	206	190	172	155	138	121	101	34	32
102	240	227	211	195	176	159	141	123	102	34	32
109	246	232	215	199	180	162	144	124	103	34	32
109+	252	238	221	204	185	167	145	125	104	35	33

MINIMUM WEIGHT ON THE BARBELL 21kg (W75 to W85 30kg)											
Women BW Cat's	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
45	89	82	67	57	49	44	40	35	32	30	30
49	99	93	74	63	54	49	43	36	33	31	30
55	110	103	82	70	60	55	48	36	33	31	30
59	120	110	87	75	64	58	51	36	33	31	30
64	126	118	93	80	69	61	55	38	35	32	30
71	130	122	98	85	73	65	58	38	35	32	30
76	135	126	102	88	75	67	60	38	35	32	30
81	139	130	104	91	78	69	62	38	35	32	30
87	143	134	108	94	80	72	63	38	35	32	30
87+	150	141	112	97	84	74	64	38	35	32	30