



World Masters Championship 2026 qualifying totals [kg]

Qualification Period 4 September 2025 – 12 July 2026

MEN

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90+
60	177	168	156	148	136	117	107	93	77	61	49	42
65	191	181	168	155	144	126	113	98	83	67	50	45
70	201	191	175	163	151	133	117	104	88	70	53	46
75	209	198	180	169	154	137	120	107	91	73	55	48
85	223	209	192	178	162	142	125	111	96	78	56	50
95	234	221	204	188	171	151	133	117	100	81	57	51
110	245	232	215	199	180	160	140	123	103	84	59	52
110+	251	238	220	204	184	165	142	125	103	85	60	52

Minimum weight on the bar - 26kg (For M70-M90+ - 15kg)

WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90+
49	104	98	87	76	65	57	50	38	30	30	30	30
53	112	105	93	82	68	59	53	40	33	30	30	30
57	117	110	98	87	72	62	55	43	35	30	30	30
61	121	113	101	90	75	65	57	45	36	31	30	30
69	128	120	106	96	81	68	60	50	37	31	30	30
77	133	125	111	100	84	73	64	52	38	32	30	30
86	138	131	115	106	89	76	65	54	39	32	30	30
86+	147	141	124	108	94	79	69	56	40	33	30	30

Minimum weight on the bar - 21kg (For W70-W90+ - 15kg)