



**2023 WORLD MASTERS
WEIGHTLIFTING CHAMPIONSHIP**
QUALIFYING TOTALS
Wieliczka, Krakow - POLAND
18th - 26th August 2023



Qualification Period from 25th August 2019 to 19th June 2023

MINIMUM WEIGHT ON THE BARBELL 26kg

| 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 | 58 | 52 |
| 61 | 178 | 168 | 156 | 144 | 130 | 118 | 105 | 92 | 78 | 63 | 52 |
| 67 | 194 | 183 | 170 | 157 | 142 | 128 | 114 | 100 | 85 | 70 | 54 |
| 73 | 206 | 194 | 180 | 167 | 151 | 136 | 121 | 106 | 90 | 74 | 58 |
| 81 | 218 | 205 | 191 | 176 | 159 | 144 | 128 | 112 | 96 | 79 | 61 |
| 89 | 228 | 215 | 200 | 184 | 166 | 150 | 134 | 117 | 100 | 82 | 62 |
| 96 | 235 | 222 | 206 | 190 | 172 | 155 | 138 | 121 | 103 | 83 | 63 |
| 102 | 240 | 227 | 211 | 195 | 176 | 159 | 141 | 124 | 103 | 83 | 63 |
| 109 | 246 | 232 | 215 | 199 | 180 | 162 | 144 | 124 | 104 | 83 | 63 |
| 109+ | 252 | 238 | 221 | 204 | 185 | 167 | 145 | 125 | 104 | 83 | 63 |

MINIMUM WEIGHT ON THE BARBELL 21kg

| Women BW Cat's | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85+ |
|-------------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| 45 | 90 | 84 | 77 | 68 | 59 | 52 | 46 | 42 | 42 | 42 | 42 |
| 49 | 99 | 93 | 85 | 75 | 65 | 57 | 51 | 45 | 42 | 42 | 42 |
| 55 | 110 | 103 | 94 | 83 | 72 | 63 | 57 | 50 | 43 | 42 | 42 |
| 59 | 117 | 110 | 100 | 88 | 77 | 67 | 60 | 53 | 46 | 42 | 42 |
| 64 | 123 | 115 | 105 | 93 | 81 | 71 | 63 | 56 | 48 | 42 | 42 |
| 71 | 130 | 122 | 111 | 99 | 86 | 75 | 67 | 59 | 51 | 42 | 42 |
| 76 | 135 | 126 | 115 | 102 | 89 | 77 | 69 | 61 | 53 | 43 | 42 |
| 81 | 139 | 130 | 118 | 105 | 91 | 80 | 71 | 63 | 53 | 43 | 42 |
| 87 | 143 | 134 | 122 | 108 | 94 | 82 | 74 | 64 | 54 | 43 | 42 |
| 87+ | 150 | 141 | 128 | 113 | 99 | 86 | 76 | 65 | 54 | 43 | 42 |

For men and women in the M70 and W70 age groups and above the use of a bar below the weight of 20kg is allowed, e.g., 15kg or 10kg.