

## IWF Masters Qualifying Standards

### Qualifying Standards for MEN:

Age Group	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
56 kg	155	147	140	130	115	105	92	75	67	55
62 kg	172	162	155	142	127	117	102	82	75	55
69 kg	187	177	170	157	140	127	112	90	82	60
77 kg	202	192	185	170	152	137	120	97	87	65
85 kg	215	205	195	180	162	147	127	102	95	70
94 kg	227	215	205	190	170	155	135	107	97	72
105 kg	237	225	212	197	177	160	140	112	102	77
+105 kg	245	232	222	205	182	167	145	117	107	80

### Qualifying Standards for WOMEN:

Age Group	W35	W40	W45	W50	W55	W60	W65
Category	35-39	40-44	45-49	50-54	55-59	60-64	65+
48 kg	82	80	72	67	60	55	50
53 kg	90	85	77	72	65	57	52
58 kg	95	90	82	75	67	62	55
63 kg	100	95	85	77	70	65	57
69 kg	102	97	90	82	75	67	60
75 kg	107	100	92	85	77	70	62
+75 kg	112	105	97	90	82	72	65