

**QUALIFYING PERIOD EXTENSION FROM 12 JUNE 2019 TO 03 DECEMBER 2020 (2019 EUROPEAN MASTERS CHAMPIONSHIP RESULTS INCLUSION)**



**MEN**

Category	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35
55	54	64	74	87	101	110	127	136	144	153
61	58	70	80	94	109	119	138	147	156	165
67	62	74	86	101	116	127	147	157	166	176
73	66	79	91	106	123	134	155	165	176	186
81	69	83	96	113	130	142	164	175	186	197
89	73	87	101	118	136	149	172	184	195	207
96	75	90	104	122	141	154	178	190	202	214
102	77	92	107	125	144	158	182	195	207	219
109	79	95	109	128	148	161	187	199	211	224
+ 109	81	97	112	132	152	166	192	205	218	231

**Minimum start totals according to the 15/10 kg rule**

**MEN**

Category	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35
55	52*	52*	59	72	86	95	112	121	129	138
61	52*	55	65	79	94	104	123	132	141	150
67	52*	59	71	86	101	112	132	142	151	161
73	52*	64	76	91	108	119	140	150	161	171
81	54	68	81	98	115	127	149	160	171	182
89	58	72	86	103	121	134	157	169	180	192
96	60	75	104	107	126	139	163	175	187	199
102	62	77	107	110	129	143	167	180	192	204
109	64	80	109	113	133	146	172	184	196	209
+ 109	66	82	112	117	137	151	177	190	203	216

\* Minimum weights only allowed.

**QUALIFYING PERIOD EXTENSION FROM 12 JUNE 2019 TO 03 DECEMBER 2020 (2019 EUROPEAN MASTERS CHAMPIONSHIP RESULTS INCLUSION)**

**2020 European Masters Qualifying Standards**

**WOMEN**

Category	W70	W65	W60	W55	W50	W45	W40	W35
45	38	43	48	56	66	70	74	79
49	41	46	51	61	71	76	80	85
55	45	51	57	66	78	83	88	93
59	48	54	60	70	82	87	93	98
64	51	57	63	74	87	92	98	104
71	54	61	67	79	92	99	105	111
76	56	63	70	82	96	102	109	115
81	58	65	72	85	99	106	112	119
87	60	67	74	87	102	109	116	123
+ 87	61	69	77	90	105	112	119	126



**Minimum start totals according to the 15/10 kg rule**

**WOMEN**

Category	W70	W65	W60	W55	W50	W45	W40	W35
45	42*	42*	42*	46	56	60	64	69
49	42*	42*	42*	51	61	66	70	75
55	42*	42*	47	56	68	73	78	83
59	42*	44	50	60	72	77	83	88
64	42*	47	53	64	77	82	88	94
71	44	51	57	69	82	89	95	101
76	46	53	60	72	86	92	99	105
81	48	55	62	75	89	96	102	109
87	50	57	64	77	92	99	106	113
+ 87	51	59	67	80	95	102	109	116

\* Minimum weights only allowed.