

TABLES OF 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

Table of lowest start weights – according to the 15/10 kg rule

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	140	132	125	115	100	90	77	60	52	52
62 kg	157	147	140	127	112	102	87	67	60	52
69 kg	172	162	155	142	125	112	97	75	67	52
77 kg	187	177	170	155	137	122	105	82	72	52
85 kg	200	190	180	165	147	132	112	87	80	55
94 kg	212	200	190	175	155	140	120	92	82	57
105 kg	222	210	197	182	162	145	125	97	87	62
+105 kg	230	217	207	190	167	152	130	112	92	65

Qualifying Standards for WOMEN:

Age Group	W35	W40	W45	W50	W55	W60	W65	W70
Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
48 kg	82	80	72	67	60	55	50	46
53 kg	90	85	77	72	65	57	52	48
58 kg	95	90	82	75	67	62	55	50
63 kg	100	95	85	77	70	65	57	53
69 kg	102	97	90	82	75	67	60	56
75 kg	107	100	92	85	77	70	62	58
90 kg	112	105	97	90	82	72	65	61
+90kg	118	111	102	95	86	75	67	63

Table of lowest start weights – according to the 15/10 kg rule

Age Group	W35	W40	W45	W50	W55	W60	W65	W70
Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
48 kg	72	70	62	57	50	45	42	42
53 kg	80	75	67	62	55	47	42	42
58 kg	85	80	72	65	57	52	45	42
63 kg	90	85	75	67	60	55	47	43
69 kg	92	87	80	72	65	57	50	46
75 kg	97	90	82	75	67	60	52	48
90 kg	102	95	87	80	72	62	55	51
+90kg	108	101	92	85	76	65	57	53

**2017 TABLE OF AGE GROUPS AND CORRESPONDING YEARS OF BIRTH
(Men and Women)**

Age Range	Year of Birth	Age Group	Age Range	Year of Birth	Age Group
35-39	1978-82	M&W35	65-69	1948-52	M&W65
40-44	1973-77	M&W40	70-74	1943-47	M&W70
45-49	1968-72	M&W45	75-79	1938-42	M75
50-54	1963-67	M&W50	80+	pre 1937	M80
55-59	1958-62	M&W55			
60-64	1953-57	M&W60			