

**2018 PAN AMERICAN MASTERSWEIGHTLIFTING CHAMPIONSHIPS****REGISTERED FOR IWF-MASTERS DRUG TESTING**June 15-16-17<sup>th</sup> 2018

Gaspé, Québec, Canada

Qualifying standards have to be made between

June 9<sup>th</sup> 2017 and May 1<sup>st</sup> 2018

Age Groups:

Men: M35-39 M40-44 M45-49 M50-54 M55-59 M60-64 M65-69 M70-74 M75-79 M80+

Women: W35-39 W40-44 W45-49 W50-54 W55-59 W60-64 W65-69 W70+

Qualifying Totals for Men

(Minimum start weight in snatch and clean &amp; jerk is 26kg)

Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
56k	137	130	125	115	102	92	80	67	62	55
62k	152	145	137	127	112	102	90	75	67	57
69k	167	160	150	140	125	112	97	82	75	60
77k	182	172	165	150	135	122	107	90	82	65
85k	192	182	175	160	142	130	112	95	87	70
94k	202	192	182	167	150	137	120	100	90	75
105k	210	200	190	175	157	142	122	102	95	80
+105k	217	207	197	182	165	150	127	107	100	85

At the 2018 Pan American Masters Men's Weightlifting Championship, no one will be allowed to start in the competition unless his first attempt Snatch plus his first attempt Clean and Jerk equals or is greater than a total 15 kilograms below the Qualifying Standards as summarized in the Lowest Starting Attempt Total table below.

Lowest Starting Attempt Total

Category	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
56k	122	115	110	100	87	77	65	52	52	52
62k	137	130	122	112	97	87	75	60	52	52
69k	152	145	135	125	110	97	82	67	60	52
77k	167	157	150	135	120	107	92	75	67	52
85k	177	167	160	155	127	115	97	80	72	55
94k	187	177	167	152	135	122	105	85	75	60
105k	195	185	175	160	142	127	107	87	80	65
+105k	202	192	182	167	150	135	112	92	85	70

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June 15-16-17<sup>th</sup> 2018  
Gaspé, Québec, Canada

Qualifying Totals for Women

(Minimum start weight in snatch and clean & jerk is 21kg)

<b>Category</b>	<b>35-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70+</b>
48k	70	65	62	60	55	52	50	47
53k	72	70	65	62	57	55	52	50
58k	77	72	70	65	62	57	55	52
63k	80	75	72	70	65	60	57	55
69k	85	80	75	72	67	62	60	57
75k	87	82	77	75	70	65	62	60
90k	91	86	81	78	74	66	63	61
+90k	95	90	85	82	77	67	65	62

At the 2018 Pan American Masters Women's Weightlifting Championship, no one will be allowed to start in the competition unless her first attempt Snatch plus his first attempt Clean and Jerk equals or is greater than a total 10 kilograms below the Qualifying Standards as summarized in the Lowest Starting Attempt Total table below.

Lowest Starting Attempt Total

<b>Category</b>	<b>35-39</b>	<b>40-44</b>	<b>45-49</b>	<b>50-54</b>	<b>55-59</b>	<b>60-64</b>	<b>65-69</b>	<b>70+</b>
48k	60	55	52	50	45	42	42	42
53k	62	60	55	52	47	45	42	42
58k	67	62	60	55	52	47	42	42
63k	70	65	62	60	55	50	47	45
69k	75	70	65	62	57	52	50	47
75k	77	72	67	65	60	55	52	50
90k	91	86	81	78	74	66	63	61
+90k	95	90	85	82	77	67	65	62