



2018 EUROPEAN MASTERS QUALIFYING STANDARD – BUDAPEST - HUNGARY

NEW 2018 Table of Qualifying Totals (men)

Age group	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Category	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
56 kg	146	139	133	123	109	99	86	71	65	55
62 kg	162	154	146	135	120	110	96	83	72	55
69 kg	177	169	160	149	133	120	105	86	79	58
77 kg	192	182	175	160	144	130	114	94	85	60
85 kg	204	194	185	170	152	139	120	99	91	62
94 kg	215	204	194	179	160	146	128	104	94	63
105 kg	224	213	201	186	167	151	131	107	99	66
+105 kg	231	220	210	194	174	159	136	112	104	67

NEW 2018 Table of start weights according to the 10/15 kg rule (men)

Age group	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Category	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
56 kg	131	124	118	108	94	84	71	56	50	50
62 kg	147	139	131	120	105	95	81	68	57	50
69 kg	162	154	145	134	118	105	90	71	64	53
77 kg	177	167	160	145	129	115	99	79	70	55
85 kg	189	179	170	155	137	124	105	84	76	57
94 kg	200	189	179	164	145	131	113	89	79	58
105 kg	209	198	186	171	152	136	116	92	84	61
+105 kg	216	205	195	179	159	144	121	97	89	62

NEW 2018 Table of Qualifying Totals (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	76	72	67	64	58	54	50	46
53 kg	81	77	71	67	61	56	52	49
58 kg	86	81	76	70	65	60	55	50
63 kg	90	85	79	74	69	63	57	52
69 kg	94	89	83	77	71	65	60	54
75 kg	97	91	85	80	74	68	65	55
90 kg	103	97	91	86	80	74	70	59
+90 kg	111	105	99	94	88	82	77	65

NEW 2018 Table of start weights according to the 10/15 kg rule (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	66	62	57	54	48	44	43	42
53 kg	71	67	61	57	51	46	44	43
58 kg	76	71	66	60	55	50	45	44
63 kg	80	75	69	65	59	53	47	46
69 kg	84	79	73	67	61	55	50	49
75 kg	87	81	75	70	64	58	55	52
90 kg	93	87	81	76	70	64	60	55
+90kg	101	95	89	84	78	72	67	57

**2018 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	1979-83	M&W35	65-69	1949-53	M&W65
40-44	1974-78	M&W40	70-74	1944-48	M70
45-49	1969-73	M&W45	70+	1948	W70
50-54	1964-68	M&W50	75-79	1939-43	M75
55-59	1959-63	M&W55	80+	1938	M80
60-64	1954-58	M&W60			

IMPORTANT NOTE:

The above tables of European Masters qualifying standards have been set at a point midway between the old standards and the standards currently used for the World Masters championships. Adjustments to the old standards were long overdue and necessary due to a proven statistic that more than 600 European Masters are capable of achieving the World Masters qualifying standards. A further future increase cannot be ruled out if the numbers of competing Masters continues to increase.

Immediately below the tables of qualifying standards are the tables of start weights based on the Masters 10/15 kg rule (for more information on this please read the Masters Rulebook technical rules section. No person should consider competing in Masters competitions if they cannot achieve the set qualifying standards, however training injuries do happen and the 10/15 kg rule allows Masters to start the competition with weights that will allow them to achieve the qualifying standard.

MODIFIED TECHNICAL RULE CHANGE:

2.4.3 An athlete can adjust the start weight on the jerk if the deficit of 15kg (men) or 10kg (women) has been achieved after the three attempts on the snatch. (PAGE 13 OF THE 2017 IWF MASTERS RULEBOOK EDITION).

If a lifter finishes in a medal position, i.e., first, second, or third, and fails to achieve the qualifying standard, a medal will NOT be awarded.

**2018 TABLE OF AGE GROUPS AND CORRESPONDING YEARS OF BIRTH
(Men and Women)**

January 2018
BILL BARTON
 European Masters Chairman