



2024 EMWA QUALIFYING STANDARDS

Haugesund, NORWAY

15th- 23rd June 2024

Qualifying Period 12th May 2023 - 1st April 2024



2024 IMWA Qualifying Standards (WOMEN)

MINIMUM WEIGHT ON THE BARBELL 21kg (W75 to W85 - 15kg)											
B/W Cat.	W85	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35
45	30	31	35	40	44	47	55	65	69	74	79
49	30	32	36	40	45	50	60	70	75	80	85
55	30	32	36	44	50	56	65	77	82	88	93
59	30	32	36	47	53	59	69	81	86	93	102
64	30	32	36	50	56	62	73	86	91	100	105
71	30	32	37	53	60	66	78	91	98	105	111
76	30	32	37	55	62	69	81	95	101	109	115
81	30	32	37	57	64	71	85	98	105	112	119
87	30	32	37	59	66	73	87	101	108	116	123
87	30	32	37	60	68	76	90	105	111	119	126

2024 IMWA Qualifying Standards (MEN)

MINIMUM WEIGHT ON THE BAR 26kg (M80 to M85 - 15kg)											
B/W Cat.	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35
55	30	31	64	74	87	101	110	127	136	144	153
61	30	31	70	80	94	109	119	138	147	156	165
67	30	31	74	86	101	116	127	147	157	166	176
73	30	32	79	91	106	123	134	155	165	176	186
81	30	32	83	96	113	130	142	164	175	186	197
89	30	32	87	101	118	136	149	172	184	195	207
96	30	33	101	104	122	141	154	178	190	202	214
102	30	33	102	107	125	144	158	182	195	207	219
109	30	33	103	109	128	148	161	187	199	211	224
109	30	34	104	112	132	152	166	192	205	218	231