



2020 IWF MASTERS

Minimum Qualifying Totals within each age group and IWF bodyweight categories.

The 10/15KG rule is now abolished, because at Congress 2019 the 80% Rule based on your best Total achieved and verified by your National Masters Chair or an official signed Result sheet from an IWF Technical Official has been voted in.

The table below is the minimum an athlete has to achieve in order to receive a Medal.

MEN

Category ↓	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
55	170	161	149	137	123	111	98	86	73	60
61	184	173	160	148	133	120	106	92	79	64
67	195	184	171	157	141	127	113	98	84	68
73	206	194	180	166	149	134	119	104	88	72
81	218	205	190	175	157	142	125	109	93	76
89	228	215	199	183	165	148	131	114	97	80
96	235	222	205	189	170	153	135	118	100	82
102	240	227	210	193	174	156	139	121	103	84
109	246	232	215	198	178	160	142	124	105	86
109+	250	236	219	201	181	163	144	126	107	87

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WOMEN

Category ↓	W35	W40	W45	W50	W55	W60	W65	W70
45	93	88	78	71	62	55	48	42
49	99	94	83	76	67	59	52	45
55	108	102	91	82	73	65	56	49
59	114	107	95	86	76	68	59	51
64	119	113	100	91	80	71	62	54
71	127	119	106	96	85	76	66	57
76	131	124	110	100	88	78	68	59
81	135	127	113	102	91	80	70	61
87	139	131	116	106	94	83	72	62
87+	147	139	123	112	99	88	76	66