



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



PRELIMINARY SCHEDULE

subject to change during the day

2024 EUROPEAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS HAUGESUND - NORWAY 15 - 23 JUNE 2024



Technical Meeting 1800 FRIDAY 14 JUNE 2024

	Weigh-in	Start	Age	B/W	Session	PLATFORM
Saturday 15/06/2024	07:30	09:30	M85 M80	ALL 55 - 73kg	1	A
	07:30	09:30	M80	81 - +109kg	1	B
	09:30	11:30	M75	ALL	2	A
	09:30	11:30	M70	55 - 81kg	2	B
OPENING CEREMONY 14:30-15:30 hr						
	13:30	15:30	W75 - W65	ALL	3	A
	13:30	15:30	M70	89 - +109kg	3	B
Sunday 16/06/2024	07:30	09:30	M65	55 - 73kg	4	A
	07:30	09:30	M65	81 - 89kg	4	B
	09:45	11:45	M65	96 - 109+kg	5	A
	09:45	11:45	W60	45 - 59kg	5	B
	11:45	13:45	W60	64 - +87kg	6	A
	11:45	13:45	M60	55 - 73kg	6	B
	13:45	15:45	M60	81kg	7	A
	13:45	15:45	M60	89kg	7	B
Monday 17/06/2024	07:00	09:00	M60	96 - +109kg	8	A
	07:00	09:00	W55	45 - 64	8	B
	09:15	11:15	W55	71 - +87kg	9	A
	09:15	11:15	M55	55 - 73kg	9	B
	11:45	13:45	M55	81 - 89kg	10	A
	11:45	13:45	M55	96 - 102kg	10	B
	14:00	16:00	M55	109 - +109kg	11	A
	14:00	16:00	W50	45 - 55kg	11	B
Tuesday 18/06/2024	07:00	09:00	M50	55 - 73kg	12	A
	07:00	09:00	W50	59kg	12	B
	09:15	11:15	M50	81 - 89kg	13	A
	09:15	11:15	W50	64	13	B
	11:30	13:30	M50	96	14	A
	11:30	13:30	W50	71	14	B
	13:15	15:15	M50	102 - +109KG	15	A
	13:15	15:15	W50	76kg	15	B

Wednesday	07:00	09:00	W50	81 - +87kg	16	A
19/06/2023	07:00	09:00	M45	55 - 73kg	16	B
	09:30	11:30	M45	81kg	17	A
	09:30	11:30	W45	45 - 59kg	17	B
	12:15	14:15	W45	64 - 71kg	18	A
	13:15	15:15	M45	89	18	B

CONGRESS OF NATIONS: 1900 HOURS

Thursday	07:00	09:00	W45	76 - +87	19	A
20/06/2023	07:00	09:00	M45	96 - 102kg	19	B
	09:30	11:30	M45	109 - +109kg	20	A
	09:30	11:30	W40	45 - 55kg	20	B
	11:45	13:45	W40	59kg	21	A
	11:45	13:45	W40	64kg	21	B
	14:45	16:45	W40	71kgB	22	A
	14:45	16:45	W40	71kgA	22	B

Friday	07:00	09:00	W40	76kg	23	A
21/06/2023	10:00	12:00	M40	55-73kg	23	B
	10:00	12:00	M40	81kg	24	A
	12:00	14:00	W40	81 - +87kg	24	B
	12:00	14:00	M40	81kg	25	A
	14:30	16:30	M40	89kg	25	B
	14:30	16:30	M40	96kg	26	A
	14:30	16:30	W35	45 - 55kg	26	B

Saturday	07:00	09:00	W35	59kg	27	A
22/06/2023	07:00	09:00	M40	102 - +109kg	27	B
	09:15	11:15	M35	55 - 73kg	28	A
	09:15	11:15	M35	81kg	28	B
	12:30	14:30	W35	64kgB	29	A
	12:30	14:30	W35	64kgA	29	B
	14:30	16:30	M35	89kgB	30	A
	14:30	16:30	M35	89kgA	30	B

Sunday	07:00	09:00	W35	71kg	31	A
23/06/2023	07:00	09:00	W35	76kg	31	B
	09:30	11:30	M35	96kg	32	A
	09:30	11:30	M35	102kg	32	B
	11:30	13:30	W35	76 - +87kg	33	A
	11:30	13:30	M35	109 - +109kg	33	B

CLOSING BANQUET