



2024 IMWA QUALIFYING STANDARDS

5th - 14th September 2024

Rovaniemi, FINLAND

(Qualification Period from 18th Aug. 2023 to 30th June 2024)



MINIMUM WEIGHT ON THE BARBELL 26kg (M80 & M85 30kg)											
Men BW Cat's	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
55	160	151	140	130	117	106	94	83	70	32	30
61	178	168	156	144	130	118	105	92	78	32	30
67	194	183	170	157	142	128	114	100	85	32	30
73	206	194	180	167	151	136	121	106	90	33	31
81	218	205	191	176	159	144	128	112	96	33	31
89	228	215	200	184	166	150	134	117	100	33	31
96	235	222	206	190	172	155	138	121	101	34	32
102	240	227	211	195	176	159	141	123	102	34	32
109	246	232	215	199	180	162	144	124	103	34	32
109+	252	238	221	204	185	167	145	125	104	35	33

MINIMUM WEIGHT ON THE BARBELL 21kg (W75 to W85 30kg)											
Women BW Cat's	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
45	89	82	67	57	49	44	40	35	32	30	30
49	99	93	74	63	54	49	43	36	33	31	30
55	110	103	82	70	60	55	48	36	33	31	30
59	120	110	87	75	64	58	51	36	33	31	30
64	126	118	93	80	69	61	55	38	35	32	30
71	130	122	98	85	73	65	58	38	35	32	30
76	135	126	102	88	75	67	60	38	35	32	30
81	139	130	104	91	78	69	62	38	35	32	30
87	143	134	108	94	80	72	63	38	35	32	30
87+	150	141	112	97	84	74	64	38	35	32	30