



2021 European Masters Qualifying Standards



The Minimum Start Totals are a guide for lifters in that you cannot compete if you cannot start according to the 15kg/10kg rule.

Qualifying Standards for Men

MEN

Category	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35
55	52	54	64	74	87	101	110	127	136	144	153
61	52	58	70	80	94	109	119	138	147	156	165
67	52	62	74	86	101	116	127	147	157	166	176
73	56	66	79	91	106	123	134	155	165	176	186
81	59	69	83	96	113	130	142	164	175	186	197
89	62	73	87	101	118	136	149	172	184	195	207
96	65	75	90	104	122	141	154	178	190	202	214
102	67	77	92	107	125	144	158	182	195	207	219
109	68	79	95	109	128	148	161	187	199	211	224
+109	69	81	97	112	132	152	166	192	205	218	231

Minimum weight on the bar 26 kg

Minimum Start Totals for Men

MEN

Category	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35
55	52	52	52	59	72	86	95	112	121	129	138
61	52	52	55	65	79	94	104	123	132	141	150
67	52	52	59	71	86	101	112	132	142	151	161
73	52	52	64	76	91	108	119	140	150	161	171
81	52	54	68	81	98	115	127	149	160	171	182
89	52	58	72	86	103	121	134	157	169	180	192
96	50	60	75	104	107	126	139	163	175	187	199
102	52	62	77	107	110	129	143	167	180	192	204
109	53	64	80	109	113	133	146	172	184	196	209
+109	54	66	82	112	117	137	151	177	190	203	216

Qualifying Standards for Women

WOMEN

Category	W85	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35
45	42	42	42	42	42	42	46	56	60	64	69
49	42	42	45	42	42	42	51	61	66	70	75
55	42	42	49	42	42	47	56	68	73	78	83
59	42	42	43	42	44	50	60	72	77	83	88
64	42	40	45	42	47	53	64	77	82	88	94
71	42	42	48	44	51	57	69	82	89	95	101
76	42	44	50	46	53	60	72	86	92	99	105
81	42	45	51	48	55	62	75	89	96	102	109
87	42	46	52	50	57	64	77	92	99	106	113
+87	42	46	53	51	59	67	80	95	102	109	116

Minimum weight on the bar 21 kg

Minimum Start Totals for Women

WOMEN

Category	W85	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35
45	42	42	42	42	42	42	46	56	60	64	69
49	42	42	42	42	42	42	51	61	66	70	75
55	42	42	42	42	42	47	56	68	73	78	83
59	42	42	42	42	44	50	60	72	77	83	88
64	42	42	42	42	47	53	64	77	82	88	94
71	42	42	42	42	51	57	69	82	89	95	101
76	42	42	42	42	53	60	72	86	92	99	105
81	42	42	42	42	55	62	75	89	96	102	109
87	42	42	42	42	57	64	77	92	99	106	113
+87	42	42	43	42	59	67	80	95	102	109	116

