

World Masters Weightlifting Qualifying Standards for 2025

World Masters Championship qualifying totals [kg]

Qualification Period 5 September 2024 – 1 July 2025



MEN –

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
55	161	153	140	134	122	106	98	82	70	58	48
61	179	170	157	149	137	118	108	94	78	62	50
67	194	184	170	157	148	128	115	100	85	69	52
73	205	195	178	167	154	136	120	106	90	72	54
81	218	205	186	176	159	142	126	111	95	77	56
89	228	215	197	182	166	147	129	115	99	80	57
96	235	222	204	189	172	152	133	118	101	82	57
102	240	227	210	194	176	157	138	120	102	84	57
109	245	232	215	199	180	160	140	123	103	84	57
109+	251	238	220	204	184	165	142	125	103	84	57

Minimum weight on the bar - 26kg*

WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
45	95	90	80	70	60	53	45	35	30	30	30
49	104	98	88	75	65	58	50	39	33	30	30
55	114	107	96	84	70	61	55	42	35	30	30
59	119	112	100	89	74	64	57	45	36	31	30
64	124	116	104	92	78	67	59	47	37	31	30
71	130	121	107	97	82	70	62	50	38	32	30
76	133	125	111	100	84	73	64	52	39	32	30
81	136	129	114	103	86	75	65	54	40	33	30
87	139	132	116	105	90	77	67	55	41	33	30
87+	148	142	125	109	95	80	70	59	42	34	30

Minimum weight on the bar - 21kg*

*For men and women aged 70 and above, the minimum weight on the bar shall be 15kg (10kg bar and 2 full sized 2.5kg discs with clips instead of collars). If the desired weight is 20kg a 15kg bar may be used. The qualification standards must be observed.