

भारतीय भारोत्तोलन संघ Indian Weightlifting Federation



Affiliated to: International Weightlifting Federation, Asian Weightlifting Federation,
Commonwealth Weightlifting Federation and Indian Olympic Association
Recognised by: Ministry of Youth Affairs & Sports, Govt. of India

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All affiliated States / Units
and Executive Members
of Indian Weightlifting Federation

Sub.: Minimum qualifying standard for participation of athletes during forthcoming IWLF Youth (Boys & Girls), Junior (Men & Women) and Senior (Men & Women) National Weightlifting Championships-2022-23 being held at Ponjesly College of Engineering, Nagercoil (Tamilnadu) from 27 December 2022 to 8 January 2023.

Dear All,

All affiliated States and Units of Indian Weightlifting Federation are informed that minimum qualifying standards adopted for participation during subject Championships is submitted below:-

Youth Boys	49	55	61	67	73	81	89	96	102	+102
Snatch	62	66	80	85	88	85	90	85	90	90
Clean & Jerk	85	96	103	118	115	110	110	110	115	116
Total	147	162	183	203	203	195	200	195	205	206
Youth Girls	40	45	49	55	59	64	71	76	81	+81
Snatch	27	35	50	52	50	45	43	46	48	48
Clean & Jerk	37	47	62	63	60	55	55	58	57	58
Total	64	82	112	115	110	100	98	104	105	106
Junior Men	55	61	67	73	81	89	96	102	109	+109
Snatch	84	90	95	100	105	106	106	100	100	100
Clean & Jerk	112	120	130	130	135	136	137	135	132	133
Total	196	210	225	230	240	242	243	235	232	233
Junior Women	45	49	55	59	64	71	76	81	87	+87
Snatch	47	51	55	58	60	58	59	61	55	57
Clean & Jerk	64	69	75	76	79	79	79	78	78	78



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Senior Men	55	61	67	73	81	89	96	102	109	+109
Snatch	89	95	102	108	117	120	123	126	130	132
Clean & Jerk	113	123	133	137	146	150	152	154	152	162
Total	202	218	235	245	263	270	275	280	282	294
Senior Women	45	49	55	59	64	71	76	81	87	+87
Snatch	55	60	62	70	72	74	76	78	79	80
Clean & Jerk	75	80	83	90	93	94	96	97	98	99
Total	130	140	145	160	165	168	172	175	177	179

Please note that 20 kg rule will be applicable above the minimum qualifying standard in each body weight category.

Also note that online link for submission of final entries by States and Departments will be circulated to you by next week.

Kindly take a note of it.

Also send your response on the **circular no.183 dated 20th September 2022**, failing which entries will not be accepted from your States and Departments.

Yours Sincerely,



[S.H. Anande Gowda]
Secretary General

