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



File No.: IWLF-Cir./2024-25/**234**

Date: 18 July 2024

'URGENT'

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

Sub.: Revision of minimum qualifying standards for participation of athletes
during forthcoming IWLF National Youth, Junior and Senior
Weightlifting Championships-2024-25 at NAGROTA BAGWAN,
HIMACHAL PRADESH from 6-13 October 2024.

Dear All,

In pursuance with the resolutions adopted in the Annual General Council Meeting held at Itanagar (Arunachal Pradesh) on 29th December 2023, the 3 Members Committee after deliberations have arrived at the revised minimum qualifying standards, attached separately which will be applicable from the forthcoming IWLF National Youth, Junior and Senior Weightlifting Championships-2024-25 at NAGROTA BAGWAN, HIMACHAL PRADESH from 6-13 October 2024.

The detailed circular for participation of athletes during the above Championships will be sent to you shortly.

Kindly take a note of it and select the athletes from State Championships / Selection trials accordingly.

Yours Sincerely

Gp. Capt. Ranjib Sahoo (Retd.)
Chief Executive Officer

Encl. as above.







Email: weightlifting@weightliftingindia.in Website: www.iwlf.in

MINIMUM QUALIFYING WEIGHTS FOR NATIONAL WEIGHTLIFTING CHAMPIONSHIPS-2024-25 ONWARDS

55	61	67	73	81	89	96	102	1.100	+109
92	99								132
120	125							-	
212	224	252	259						160 292
							207	201	272
45	49	55	59	64	71	76	81	87	+87
57	62	68	70						77
75	80	85	90						96
132	142	153	160	164	167				173
									110
55	61	67	73	81	89	96	102	109	+109
85	90	98	102	110		- Linear Control			110
110	115	123	130						140
195	205	221	232	245	248				250
								200	250
45	49	55	59	64	71	76	81	87	+87
45	50	55	60	62					50
60	65	75	80	82					70
105	115	130	140	144	150	152			120
49	55	61	67	73	81	89	96	102	+102
65	75	82	90	92	93	95			95
80	95	105	115	118	120				120
145	170	187	205	210	213	217	200		215
	45	49	55	59	64	71	76	81	+81
	40	50	53	56	57	58	60	55	50
40	50	60	65	70	74	75			60
70	90	110	118	126	131	133			
	92 120 212 45 57 75 132 55 85 110 195 45 45 60 105 49 65 80 145	92 99 120 125 212 224 45 49 57 62 75 80 132 142 55 61 85 90 110 115 195 205 45 49 45 50 60 65 105 115 49 55 65 75 80 95 145 170 40 45 30 40 40 50	92 99 112 120 125 140 212 224 252 45 49 55 57 62 68 75 80 85 132 142 153 55 61 67 85 90 98 110 115 123 195 205 221 45 49 55 45 50 55 60 65 75 105 115 130 49 55 61 65 75 82 80 95 105 145 170 187 40 45 49 30 40 50 40 50 60	92 99 112 114 120 125 140 145 212 224 252 259 45 49 55 59 57 62 68 70 75 80 85 90 132 142 153 160 55 61 67 73 85 90 98 102 110 115 123 130 195 205 221 232 45 49 55 59 45 50 55 60 60 65 75 80 105 115 130 140 49 55 61 67 65 75 82 90 80 95 105 115 145 170 187 205 40 45 49 55 30	92 99 112 114 120 120 125 140 145 150 212 224 252 259 270 45 49 55 59 64 57 62 68 70 72 75 80 85 90 92 132 142 153 160 164 55 61 67 73 81 85 90 98 102 110 110 115 123 130 135 195 205 221 232 245 45 49 55 59 64 45 50 55 60 62 60 65 75 80 82 105 115 130 140 144 49 55 61 67 73 65 75 82 90 92 </td <td>92 99 112 114 120 125 120 125 140 145 150 160 212 224 252 259 270 285 45 49 55 59 64 71 57 62 68 70 72 74 75 80 85 90 92 93 132 142 153 160 164 167 55 61 67 73 81 89 85 90 98 102 110 112 110 115 123 130 135 136 195 205 221 232 245 248 45 49 55 59 64 71 45 50 55 60 62 65 60 65 75 80 82 85 105 115 <t< td=""><td>92 99 112 114 120 125 123 120 125 140 145 150 160 152 212 224 252 259 270 285 275 45 49 55 59 64 71 76 57 62 68 70 72 74 76 75 80 85 90 92 93 97 132 142 153 160 164 167 173 55 61 67 73 81 89 96 85 90 98 102 110 112 113 110 115 123 130 135 136 140 195 205 221 232 245 248 253 45 49 55 59 64 71 76 45 50 55 60</td><td>92 99 112 114 120 125 123 127 120 125 140 145 150 160 152 162 212 224 252 259 270 285 275 289 45 49 55 59 64 71 76 81 57 62 68 70 72 74 76 77 75 80 85 90 92 93 97 95 132 142 153 160 164 167 173 172 55 61 67 73 81 89 96 102 85 90 98 102 110 112 113 110 110 115 123 130 135 136 140 135 195 205 221 232 245 248 253 245 45</td><td>92 99 112 114 120 125 123 127 129 120 125 140 145 150 160 152 162 155 212 224 252 259 270 285 275 289 284 45 49 55 59 64 71 76 81 87 57 62 68 70 72 74 76 77 79 75 80 85 90 92 93 97 95 98 132 142 153 160 164 167 173 172 177 55 61 67 73 81 89 96 102 109 85 90 98 102 110 112 113 110 105 110 115 123 130 135 136 140 135 130</td></t<></td>	92 99 112 114 120 125 120 125 140 145 150 160 212 224 252 259 270 285 45 49 55 59 64 71 57 62 68 70 72 74 75 80 85 90 92 93 132 142 153 160 164 167 55 61 67 73 81 89 85 90 98 102 110 112 110 115 123 130 135 136 195 205 221 232 245 248 45 49 55 59 64 71 45 50 55 60 62 65 60 65 75 80 82 85 105 115 <t< td=""><td>92 99 112 114 120 125 123 120 125 140 145 150 160 152 212 224 252 259 270 285 275 45 49 55 59 64 71 76 57 62 68 70 72 74 76 75 80 85 90 92 93 97 132 142 153 160 164 167 173 55 61 67 73 81 89 96 85 90 98 102 110 112 113 110 115 123 130 135 136 140 195 205 221 232 245 248 253 45 49 55 59 64 71 76 45 50 55 60</td><td>92 99 112 114 120 125 123 127 120 125 140 145 150 160 152 162 212 224 252 259 270 285 275 289 45 49 55 59 64 71 76 81 57 62 68 70 72 74 76 77 75 80 85 90 92 93 97 95 132 142 153 160 164 167 173 172 55 61 67 73 81 89 96 102 85 90 98 102 110 112 113 110 110 115 123 130 135 136 140 135 195 205 221 232 245 248 253 245 45</td><td>92 99 112 114 120 125 123 127 129 120 125 140 145 150 160 152 162 155 212 224 252 259 270 285 275 289 284 45 49 55 59 64 71 76 81 87 57 62 68 70 72 74 76 77 79 75 80 85 90 92 93 97 95 98 132 142 153 160 164 167 173 172 177 55 61 67 73 81 89 96 102 109 85 90 98 102 110 112 113 110 105 110 115 123 130 135 136 140 135 130</td></t<>	92 99 112 114 120 125 123 120 125 140 145 150 160 152 212 224 252 259 270 285 275 45 49 55 59 64 71 76 57 62 68 70 72 74 76 75 80 85 90 92 93 97 132 142 153 160 164 167 173 55 61 67 73 81 89 96 85 90 98 102 110 112 113 110 115 123 130 135 136 140 195 205 221 232 245 248 253 45 49 55 59 64 71 76 45 50 55 60	92 99 112 114 120 125 123 127 120 125 140 145 150 160 152 162 212 224 252 259 270 285 275 289 45 49 55 59 64 71 76 81 57 62 68 70 72 74 76 77 75 80 85 90 92 93 97 95 132 142 153 160 164 167 173 172 55 61 67 73 81 89 96 102 85 90 98 102 110 112 113 110 110 115 123 130 135 136 140 135 195 205 221 232 245 248 253 245 45	92 99 112 114 120 125 123 127 129 120 125 140 145 150 160 152 162 155 212 224 252 259 270 285 275 289 284 45 49 55 59 64 71 76 81 87 57 62 68 70 72 74 76 77 79 75 80 85 90 92 93 97 95 98 132 142 153 160 164 167 173 172 177 55 61 67 73 81 89 96 102 109 85 90 98 102 110 112 113 110 105 110 115 123 130 135 136 140 135 130

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