

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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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.

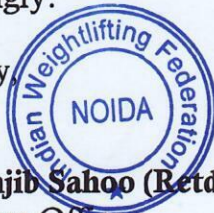
Dear All,

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.

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

Senior Men	55	61	67	73	81	89	96	102	109	+109
Snatch	92	99	112	114	120	125	123	127	129	132
Clean & Jerk	120	125	140	145	150	160	152	162	155	160
Total	212	224	252	259	270	285	275	289	284	292

Senior Women	45	49	55	59	64	71	76	81	87	+87
Snatch	57	62	68	70	72	74	76	77	79	77
Clean & Jerk	75	80	85	90	92	93	97	95	98	96
Total	132	142	153	160	164	167	173	172	177	173

Junior Men	55	61	67	73	81	89	96	102	109	+109
Snatch	85	90	98	102	110	112	113	110	105	110
Clean & Jerk	110	115	123	130	135	136	140	135	130	140
Total	195	205	221	232	245	248	253	245	235	250

Junior Women	45	49	55	59	64	71	76	81	87	+87
Snatch	45	50	55	60	62	65	67	65	55	50
Clean & Jerk	60	65	75	80	82	85	85	85	75	70
Total	105	115	130	140	144	150	152	150	130	120

Youth Boys	49	55	61	67	73	81	89	96	102	+102
Snatch	65	75	82	90	92	93	95	90	98	95
Clean & Jerk	80	95	105	115	118	120	122	110	124	120
Total	145	170	187	205	210	213	217	200	222	215

Youth Girls	40	45	49	55	59	64	71	76	81	+81
Snatch	30	40	50	53	56	57	58	60	55	50
Clean & Jerk	40	50	60	65	70	74	75	75	65	60
Total	70	90	110	118	126	131	133	135	120	110

Ranjib

GP. CAPT. RANJIB SAHOO (RETD.)
CHIEF EXECUTIVE OFFICER
INDIAN WEIGHTLIFTING FEDERATION

