



2018 CHART



Qualifying Standards for MEN:

| Age Group | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 |
|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| Category | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |
| 56 kg | 155 | 147 | 140 | 130 | 115 | 105 | 92 | 75 | 67 | 55 |
| 62 kg | 172 | 162 | 155 | 142 | 127 | 117 | 102 | 82 | 75 | 55 |
| 69 kg | 187 | 177 | 170 | 157 | 140 | 127 | 112 | 90 | 82 | 60 |
| 77 kg | 202 | 192 | 185 | 170 | 152 | 137 | 120 | 97 | 87 | 65 |
| 85 kg | 215 | 205 | 195 | 180 | 162 | 147 | 127 | 102 | 95 | 70 |
| 94 kg | 227 | 215 | 205 | 190 | 170 | 155 | 135 | 107 | 97 | 72 |
| 105 kg | 237 | 225 | 212 | 197 | 177 | 160 | 140 | 112 | 102 | 77 |
| +105 kg | 245 | 232 | 222 | 205 | 182 | 167 | 145 | 117 | 107 | 80 |

Table of lowest start weights – according to the 15/kg rule

| Age Group | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 |
|-----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| Category | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+ |
| 56 kg | 140 | 132 | 125 | 115 | 100 | 90 | 77 | 60 | 52 | 52 |
| 62 kg | 157 | 147 | 140 | 127 | 112 | 102 | 87 | 67 | 60 | 52 |
| 69 kg | 172 | 162 | 155 | 142 | 125 | 112 | 97 | 75 | 67 | 52 |
| 77 kg | 187 | 177 | 170 | 155 | 137 | 122 | 105 | 82 | 72 | 52 |
| 85 kg | 200 | 190 | 180 | 165 | 147 | 132 | 112 | 87 | 80 | 55 |
| 94 kg | 212 | 200 | 190 | 175 | 155 | 140 | 120 | 92 | 82 | 57 |
| 105 kg | 222 | 210 | 197 | 182 | 162 | 145 | 125 | 97 | 87 | 62 |
| +105 kg | 230 | 217 | 207 | 190 | 167 | 152 | 130 | 112 | 92 | 65 |



FOR 2018

Qualifying Standards for WOMEN with the 2 new body weight categories included

| Age Group | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 |
|-----------|-------|-------|-------|-------|-------|-------|-------|-----|
| Category | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70+ |
| 48 kg | 82 | 80 | 72 | 67 | 60 | 55 | 50 | 46 |
| 53 kg | 90 | 85 | 77 | 72 | 65 | 57 | 52 | 48 |
| 58 kg | 95 | 90 | 82 | 75 | 67 | 62 | 55 | 50 |
| 63 kg | 100 | 95 | 85 | 77 | 70 | 65 | 57 | 53 |
| 69 kg | 102 | 97 | 90 | 82 | 75 | 67 | 60 | 56 |
| 75 kg | 107 | 100 | 92 | 85 | 77 | 70 | 62 | 58 |
| 90 kg | 112 | 105 | 97 | 90 | 82 | 72 | 65 | 61 |
| +90kg | 118 | 111 | 102 | 95 | 86 | 75 | 67 | 63 |

Table of lowest start weights – according to the 10 kg rule

| Age Group | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 |
|-----------|-------|-------|-------|-------|-------|-------|-------|-----|
| Category | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70+ |
| 48 kg | 72 | 70 | 62 | 57 | 50 | 45 | 42 | 42 |
| 53 kg | 80 | 75 | 67 | 62 | 55 | 47 | 42 | 42 |
| 58 kg | 85 | 80 | 72 | 65 | 57 | 52 | 45 | 42 |
| 63 kg | 90 | 85 | 75 | 67 | 60 | 55 | 47 | 43 |
| 69 kg | 92 | 87 | 80 | 72 | 65 | 57 | 50 | 46 |
| 75 kg | 97 | 90 | 82 | 75 | 67 | 60 | 52 | 48 |
| 90 kg | 102 | 95 | 87 | 80 | 72 | 62 | 55 | 51 |
| +90kg | 108 | 101 | 92 | 85 | 76 | 65 | 57 | 53 |

TABLE OF AGE GROUPS AND CORRESPONDING YEARS OF BIRTH 2018 (Men and Women)

| Age Range | Year of Birth | Age Group | Age Range | Year of Birth | Age Group |
|-----------|---------------|-----------|-----------|---------------|-----------|
| 35-39 | 1979-83 | M&W35 | 65-69 | 1949-53 | M&W65 |
| 40-44 | 1974-78 | M&W40 | 70-74 | 1944-48 | M70 |
| 45-49 | 1969-73 | M&W45 | 70+ | to 1948 | W70 |
| 50-54 | 1964-68 | M&W50 | 75-79 | 1939-43 | M75 |
| 55-59 | 1959-63 | M&W55 | 80+ | to 1938 | M80 |
| 60-64 | 1954-59 | M&W60 | | | |