

2014 EUROPEAN MASTERS WEIGHTLIFTING CHAMPIONSHIPS

**TABLE OF AGE GROUPS AND CORRESPONDING DATES OF BIRTH
(Men and Women)**

Age Grp.			Age Grp.		
1	35-39	M/W35 1975-79	6	60-64	M/W60 1950-54
2	40-44	M/W40 1970-74	7	65-69	M/W65 1945-49
3	45-49	M/W45 1965-69	8	70-74	M/W70 1940-44
4	50-54	M/W50 1960-64	9	75-79	M75/W75 1935-39
5	55-59	M/W55 1955-59	10	80-80+	M80 - 1934 (Women 75+)

Bodyweight Categories

Men :-	56	62	69	77	85	94	105	105+
Women :-	48	53	58	63	69	75	75+	

Table of Qualifying Totals (men)

Age group	240 SMM points			230 SMM points			220 SMM points			80+
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	
Category	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80
56 kg	137	130	125	115	102	92.0	80	67.	60	*
62 kg	152	145	137	127	112	102	90	75	67	*
69 kg	167	160	150	140	125	112	97	82	74	*
77 kg	182	172	165	150	135	122	107	90	82	*
85 kg	192	182	175	160	142	130	112	95	87	*
94 kg	202	192	182	167	150	137	120	100	91	*
105 kg	210	200	190	175	157	142	122	102	95	*
+105 kg	217	207	197	182	165	150	127	107	99	*

* Minimum weight allowed = 26. kg (bar + 2 x 2.5 kg discs + 2 x 0.5 kg + spring clip collars)

Table of Qualifying Totals (women)

Age Group	Based on 100 SMM points								
	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Category	W35	W40	W45	W50	W55	W60	W65	W70	W75
48 kg	70	65	62	60	55	52	50	48	47
53 kg	72	70	65	62	57	55	52	49	48
58 kg	77	72	70	65	62	57	55	50	49
63 kg	80	75	72	70	65	60	57	52	51
69 kg	85	80	75	72	67	62	60	56	55
75 kg	87	82	77	75	70	65	62	59	58
+75 kg	95	90	85	82	77	67	65	63	62

* Minimum weight allowed = 21 kg (bar + 2 x 2.5 kg discs + 2 x 0.5 kg + spring clip collars)

