



QUALIFICATION PROCEDURE FOR NATIONAL CHAMPIONSHIPS 2011

The BWL Weightlifting Group has prepared this procedure in order to update the Qualification Procedure for National Championships, and introduce standardisation for all competitions.

The National Championship Programme includes the following competitions; the British Senior's, U.23's, U.20's, U18's, U17's, Schools and Masters competitions. It does not include the Development Cup.

A General

1. The lifter shall be a current member of the BWL, not in dispute with the BWL and / or its affiliated bodies or partners. BWL life members must pay the BWLA Continuing Life Membership fee.
2. Lifters must comply with the BWL Anti-doping Controls and Procedures.
3. To be eligible for consideration of selection for British and Home Countries Championships, and therefore selection for international competitions, lifters shall be:
 - (a) born in the relevant country,
 - (b) or was born in the British Isles, but with a parent born in the relevant country,
 - (c) or has previously lifted for the relevant home country,
 - (d) or has been resident in the country and member of BWLA for one year.
4. In its activities, the BWL recognises the age categories;
 - i) Development Cup; Year 8, Year 7, Year 6 and Year 5.
 - ii) Schools; Year 11, Year 10 and Year 9.
 - iii) YOUTH; whose born in year 1994, 1995, 1996 1997 and 1998.
 - ii) U18; whose born in year 1993, 1994, 1995, 1996, 1997 and 1998.
 - iv) JUNIOR; whose born in year 1991, 1992, 1993, 1994, 1995, 1996, 1997 and 1998.
 - v) U23's; whose born in 1988, 1989, 1990, 1991, 1992.
 - iv) SENIOR; minimum year 1994.
 - v) MASTER: over the age of thirty five (35) years of age.

Note 1: All age groups are calculated in the athlete's year of birth.
Note 2: The minimum age for participation in the Youth events is thirteen (13).
5. To be considered for the National competitions, lifters must
 - a) Compete in their respective Regional Championships (Seniors', U.23's, Junior's, U.18's, U17's, Schools or Masters respectively), unless they are the reigning British Champion.
 - b) The qualifying total may be achieved at a recognised competition within the previous twelve (12) months of the Championships (See C1)



- c) Undertake to notify the Championships Officer promptly if, after selection, the lifter is injured or is for any other reason unable to compete in the national competition.
6. All information regarding British Championships (including invitations forms, venue location and hotels) should be included in BWL web sites for accessibility.

B APPLICATIONS

1. Invitation reply slips (and entry fees) must be sent to the BWL Selection Officers by the four (4) weeks deadline. Incomplete forms will be rejected.
2. Must achieve the qualifying total for the respective bodyweight categories which they wish to lift in, at an official event at least four weeks prior to the intended British championship. Qualifying totals must be achieved within the twelve (12) months prior to the British Championship.
3. You may qualify in any competition which is approved by the BWL, or at an IWF approved competition. See Item C1 below for more details.
4. If the championships are not held in your region then contact your BWL Divisional Secretary for advice.
5. Lifters who are injured or ill for their Regional Championships must obtain a medical note from a doctor and forward the note to their Regional Secretary or weightlifting representative within five days of the date of the championship.
6. Lifters who are competing for Great Britain (or their Home Country) within two (2) weeks) of the Regional Championships, will (if they wish) be excused.
7. A lifter may qualify in a bodyweight category, but may move to higher category provided that he or she has achieved the qualifying total of that higher category or move down a bodyweight category.
8. Lifters who choose to move up or down a weight category must inform the Championships Manager of their intention to do so at least two (2) weeks prior to the intended British Championships. After the two (2) weeks deadline, there will be changes allowed to the final verification of entries.

Lifters under the age of eighteen (18) may move up one category without achieving the qualifying total for the higher category, but must inform the Championships Manager before the two (2) deadline.



C Competitions for Selection to British Championships.

1. The BWL will recognise all competitions held under BWL rules and meeting the following criteria:
 - (a) Competitions used for selection purposes must be notified to the BWL Office Manager, at least 30 days before the event for registration.
 - (b) There shall be three referees adjudicating the competition.
 - (c) Regional Secretaries (or designated person) shall help lifters by sending to the Championship Officer and Records Registrar the results and signed score-sheets of all Regional Championships and Competitions within fourteen (14) days, and keep lifters informed of Championships dates and their closing dates for qualification and entry.
 - (d) All results must be submitted on BWLA approved Competition Protocols.
2. The BWL will also recognise all competitions held under the control of the International Federations.
3. The BWL may also recognise National Championships of other nations which are held under International Federation rules, subject to prior arrangement with the BWL. This rule covers lifters invited to lift abroad as part of a BWL approved group or team.

D Competition Weigh in

1. All competitors must present proof of BWL membership, and this will be inspected by the referees.
2. All competitors in Schools, U17's, U.18's, Junior, U.23's and Masters must present proof of age (birth certificates, passports, or verified membership books) at the weigh-in. At Senior competitions, lifters who may wish to attempt records in U17's, U.18', Junior, U.23's or Masters age groups must present proof of age (birth certificates or passports) at the weigh-in.
3. All competitors (including U17's and Masters) must complete the BWL Anti Doping Registration form.

E Appeal

1. Any appeal against non-selection or de-selection must be made to the BWL Chief Executive, fourteen days prior to the competition. The Chief Executive will use the BWL Complaint and Quality Improvement Procedure to investigate the appeal.

F Contacts:

For all contacts refer to the BWL website: www.britishweightlifting.org



BRITISH CHAMPIONSHIPS QUALIFYING TOTALS 2011

| Men Class | British Senior | British U23 | British U20 | British Un 18 | British U17 | British Schools Yr 11 | British Schools Yr 10 | British Schools Yr 9 | English Men |
|-------------|----------------|-------------|-------------|---------------|-------------|-----------------------|-----------------------|----------------------|---------------|
| 40 | *** | *** | *** | *** | *** | 70 | 60 | 50 | |
| 45 | *** | *** | *** | *** | *** | 80 | 70 | 60 | *** |
| 50 | *** | *** | *** | 105 | 90 | 90 | 77 | 67 | *** |
| 56 | 150 | 147 | 135 | 125 | 100 | 100 | 87 | 75 | 147 |
| 62 | 182 | 167 | 155 | 140 | 112 | 110 | 97 | 82 | 170 |
| 69 | 205 | 187 | 172 | 155 | 125 | 122 | 107 | 92 | 190 |
| 77 | 225 | 207 | 190 | 170 | 137 | 137 | 120 | 102 | 205 |
| 77+ | *** | *** | *** | *** | *** | 152 | 132 | 115 | *** |
| 85 | 245 | 215 | 207 | 185 | 155 | *** | *** | *** | 227 |
| 94 | 260 | 240 | 225 | 195 | 172 | *** | *** | *** | 240 |
| 94+ | *** | *** | *** | **** | 190 | *** | *** | *** | *** |
| 105 | 275 | 252 | 230 | 205 | *** | *** | *** | *** | 255 |
| 105+ | 285 | 260 | 240 | 215 | *** | *** | *** | *** | 267 |
| Women Class | British Senior | British U23 | British U20 | British Un 18 | British U17 | British Schools Yr 11 | British Schools Yr 10 | British Schools Yr 9 | English Women |
| 40 | *** | *** | *** | *** | *** | 55 | 45 | 35 | |
| 44 | *** | *** | *** | 75 | 70 | 60 | 50 | 40 | *** |
| 48 | 102 | 90 | 85 | 80 | 75 | 65 | 55 | 42 | 70 |
| 53 | 110 | 97 | 90 | 85 | 80 | 70 | 60 | 47 | 77 |
| 58 | 117 | 105 | 95 | 90 | 85 | 77 | 65 | 52 | 85 |
| 63 | 122 | 110 | 100 | 95 | 90 | 85 | 72 | 57 | 90 |
| 63+ | *** | *** | *** | *** | *** | 92 | 79 | 64 | *** |
| 69 | 130 | 115 | 105 | 100 | 95 | *** | *** | *** | 95 |
| 69 + | *** | *** | *** | 105 | 100 | *** | *** | *** | *** |
| 75 | 137 | 122 | 110 | *** | *** | *** | *** | *** | 100 |
| 75+ | 145 | 130 | 117 | **** | *** | *** | *** | *** | 102 |



BRITISH MASTERS CHAMPIONSHIPS MEN QUALIFYING TOTALS 2011

| Age Category | 1 35 - 39 | 2 40 - 44 | 3 45 - 49 | 4 50 -54 | 5 55 - 59 | 6 60 - 64 | 7 65 - 69 | 8 70 - 74 | 9 75 - 79 | 10 80+ |
|--------------|---|-----------------|-----------------|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------|
| 56 kg | 130 | 125 | 112 | 107 | 95 | 82 | 72 | 57 | 55 | 55 |
| 62 kg | 142 | 137 | 125 | 120 | 105 | 90 | 80 | 62 | 55 | 55 |
| 69 kg | 155 | 147 | 137 | 132 | 115 | 100 | 87 | 67 | 60 | 55 |
| 77 kg | 170 | 162 | 147 | 142 | 122 | 107 | 95 | 72 | 65 | 60 |
| 85 kg | 180 | 170 | 157 | 150 | 130 | 115 | 102 | 77 | 70 | 65 |
| 94 kg | 190 | 180 | 165 | 157 | 137 | 120 | 107 | 180 | 72 | 67 |
| 105 kg | 197 | 187 | 172 | 165 | 142 | 125 | 110 | 85 | 77 | 70 |
| 105 + kg | 205 | 195 | 180 | 170 | 147 | 130 | 115 | 90 | 80 | 72 |
| Women | There are no qualifying standards for Masters Women Competitors. | | | | | | | | | |