

Pan American Masters Championships Qualifying Totals - 2024

At the Pan American Masters Men Weightlifting Championship, no one will be allowed to start in the competition unless his first attempt Snatch plus his first attempt Clean and Jerk equals or is greater than a total of 80% of the Qualifying Standards. All athletes MUST have qualified at an event within the qualifying period.

MEN will be allowed to use the 15kg bar (up to 25kg) and women will be permitted to use the 10kg bar.

Men

WT	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
55	161	152	138	130	110	101	87	74	64	54	41
61	175	165	150	140	119	109	94	80	70	58	44
67	186	176	160	150	127	116	101	86	74	62	47
73	197	185	169	158	134	123	106	91	79	66	49
81	209	197	179	167	142	130	113	96	83	69	52
89	219	206	187	176	149	136	118	101	87	73	55
96	226	213	194	181	154	141	122	104	90	75	57
102	231	218	198	186	158	144	125	107	92	77	58
109	237	223	203	190	161	148	128	109	95	79	60
109+	244	230	209	196	166	152	132	112	97	81	61

Women

WT	W35	W40	W45	W50	W55	W60	W65	W70	W75+
45	87	82	72	68	56	51	43	42	33
49	94	88	78	73	61	55	46	42	36
55	103	97	86	80	66	61	51	45	39
59	108	102	90	85	70	64	54	48	41
64	114	108	96	90	74	68	57	51	44
71	122	115	102	95	79	72	61	54	47
76	127	119	106	99	82	75	63	56	48
81	131	123	109	102	85	77	65	58	50
87	135	127	113	106	87	80	67	60	52
87+	145	137	121	114	94	86	73	64	53