

2024 IMWA World Masters Championships – Rovaniemi, Finland

The Qualifying Period started from August 18, 2023 and ends on June 1, 2024 midnight CET.

The registration will start on the 15 April midnight CET
The registration will close on the 1 June 2024 midnight CET.

All USA athletes MUST be members of USA Masters Weightlifting and pay entry to USA Masters Weightlifting. Athletes will then be given an access code to complete registration at [IMWA-REG.COM](https://imwa-reg.com) | [Home](#)



2024 IMWA QUALIFYING STANDARDS
5th - 14th September 2024
Rovaniemi, FINLAND



(Qualification Period from 18th Aug. 2023 to 30th June 2024)







| MINIMUM WEIGHT ON THE BARBELL 26kg (M80 & M85 30kg) | | | | | | | | | | | |
|---|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Men BW Cat's | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85+ |
| 55 | 160 | 151 | 140 | 130 | 117 | 106 | 94 | 83 | 70 | 32 | 30 |
| 61 | 178 | 168 | 156 | 144 | 130 | 118 | 105 | 92 | 78 | 32 | 30 |
| 67 | 194 | 183 | 170 | 157 | 142 | 128 | 114 | 100 | 85 | 32 | 30 |
| 73 | 206 | 194 | 180 | 167 | 151 | 136 | 121 | 106 | 90 | 33 | 31 |
| 81 | 218 | 205 | 191 | 176 | 159 | 144 | 128 | 112 | 96 | 33 | 31 |
| 89 | 228 | 215 | 200 | 184 | 166 | 150 | 134 | 117 | 100 | 33 | 31 |
| 96 | 235 | 222 | 206 | 190 | 172 | 155 | 138 | 121 | 101 | 34 | 32 |
| 102 | 240 | 227 | 211 | 195 | 176 | 159 | 141 | 123 | 102 | 34 | 32 |
| 109 | 246 | 232 | 215 | 199 | 180 | 162 | 144 | 124 | 103 | 34 | 32 |
| 109+ | 252 | 238 | 221 | 204 | 185 | 167 | 145 | 125 | 104 | 35 | 33 |

| MINIMUM WEIGHT ON THE BARBELL 21kg (W75 to W85 30kg) | | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Women BW Cat's | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85+ |
| 45 | 89 | 82 | 67 | 57 | 49 | 44 | 40 | 35 | 32 | 30 | 30 |
| 49 | 99 | 93 | 74 | 63 | 54 | 49 | 43 | 36 | 33 | 31 | 30 |
| 55 | 110 | 103 | 82 | 70 | 60 | 55 | 48 | 36 | 33 | 31 | 30 |
| 59 | 120 | 110 | 87 | 75 | 64 | 58 | 51 | 36 | 33 | 31 | 30 |
| 64 | 126 | 118 | 93 | 80 | 69 | 61 | 55 | 38 | 35 | 32 | 30 |
| 71 | 130 | 122 | 98 | 85 | 73 | 65 | 58 | 38 | 35 | 32 | 30 |
| 76 | 135 | 126 | 102 | 88 | 75 | 67 | 60 | 38 | 35 | 32 | 30 |
| 81 | 139 | 130 | 104 | 91 | 78 | 69 | 62 | 38 | 35 | 32 | 30 |
| 87 | 143 | 134 | 108 | 94 | 80 | 72 | 63 | 38 | 35 | 32 | 30 |
| 87+ | 150 | 141 | 112 | 97 | 84 | 74 | 64 | 38 | 35 | 32 | 30 |

2024 IMWA World Masters Championships – Tentative Schedule

|  PRELIMINARY TIMETABLE FOR GUIDANCE ONLY 2024 WORLD MASTERS WEIGHTLIFTING CHAMPIONSHIPS ROVANIEMI - FINLAND 5 - 14 SEPTEMBER 2024  | | | | | | |
|--|-------------------------------|-------|-----------|--------------|----------|---|
| Weigh-in | Start | Age | B/W | Session | PLATFORM | |
| Technical Meeting 1800 WEDNESDAY 04 SEPTEMBER 2024 | | | | | | |
| Thursday 05/09/2024 | 07:00 | 09:00 | M85 | 55 - +109kg | 1 | A |
| | 07:00 | 09:00 | M80 | 55 - +109kg | 1 | B |
| | 10:00 | 12:00 | M75 | 55 - 73kg | 2 | A |
| | 10:00 | 12:00 | M75 | 81 - +109kg | 2 | B |
| | OPENING CEREMONY | | | | | |
| | 13:15 | 15:15 | M70 | 55 - 67kg | 3 | A |
| | 13:15 | 15:15 | M70 | 73 - 89kg | 3 | B |
| | 16:30 | 18:30 | W75 - W70 | 45 - +87kg | 4 | A |
| | 16:30 | 18:30 | W65 | 45 - 64kg | 4 | B |
| Friday 06/09/2024 | 07:00 | 09:00 | M70 | 96 - +109kg | 5 | A |
| | 07:00 | 09:00 | M65 | 55 - 67kg | 5 | B |
| | 10:15 | 12:15 | M65 | 73 - 81kg | 6 | A |
| | 10:15 | 12:15 | M65 | 89 - 109+kg | 6 | B |
| | 13:15 | 15:15 | W65 | 71 - 87+kg | 7 | A |
| | 13:15 | 15:15 | W60 | 45 - 59kg | 7 | B |
| | 15:30 | 17:30 | M60 | 55 - 67kg | 8 | A |
| | 15:30 | 17:30 | M60 | 73kg | 8 | B |
| | Saturday 07/09/2024 | 07:00 | 09:00 | M60 | 81kg | 9 |
| 07:00 | | 09:00 | M60 | 89kg | 9 | B |
| 09:15 | | 11:15 | M60 | 96 - 102kg | 10 | A |
| 09:15 | | 11:15 | W60 | 64 - 87+ kg | 10 | B |
| 11:45 | | 13:45 | M60 | 109 - 109+kg | 11 | A |
| 11:45 | | 13:45 | W55 | 45 - 59kg | 11 | B |
| 13:30 | | 15:30 | M55 | 55 - 73kg | 12 | A |
| 13:30 | | 15:30 | M55 | 81kg | 12 | B |
| Sunday 08/09/2024 | 07:00 | 09:00 | M55 | 89kg | 13 | A |
| | 07:00 | 09:00 | W55 | 64 - 71kg | 13 | B |
| | 09:15 | 11:15 | M55 | 96kg | 14 | A |
| | 09:15 | 11:15 | W55 | 76 - 87+kg | 14 | B |
| | 12:00 | 14:00 | M55 | 102kg | 15 | A |
| | 12:00 | 14:00 | M55 | 109 - 109+kg | 15 | B |
| | 14:45 | 16:45 | W50 | 45 - 55kg | 16 | A |
| | 14:45 | 16:45 | W50 | 59kg | 16 | B |

|  PRELIMINARY TIMETABLE FOR GUIDANCE ONLY 2024 WORLD MASTERS WEIGHTLIFTING CHAMPIONSHIPS ROVANIEMI - FINLAND 5 - 14 SEPTEMBER 2024  | | | | | | |
|--|-------|-------|-----|--------------|----------|---|
| Weigh-in | Start | Age | B/W | Session | PLATFORM | |
| Monday 09/09/2024 | 07:00 | 09:00 | W50 | 64 - 71kg | 17 | A |
| | 07:00 | 09:00 | W50 | 76 - +87kg | 17 | B |
| | 10:00 | 12:00 | M50 | 55 - 73kg | 17 | A |
| | 10:00 | 12:00 | M50 | 81kg | 17 | B |
| | 12:30 | 14:30 | M50 | 89kg | 18 | A |
| | 12:30 | 14:30 | M50 | 96kg | 18 | B |
| CONGRESS OF NATIONS: 1900 HOURS | | | | | | |
| Tuesday 10/09/2024 | 07:00 | 09:00 | M50 | 102kg | 20 | A |
| | 07:00 | 09:00 | M50 | 109 - +109kg | 20 | B |
| | 09:15 | 11:15 | M45 | 55 - 67kg | 21 | A |
| | 09:15 | 11:15 | M45 | 73 - 81kg | 21 | B |
| | 12:15 | 14:15 | M45 | 89kg | 22 | A |
| | 12:15 | 14:15 | M45 | 96kg | 22 | B |
| | 15:00 | 17:00 | M45 | 102Bkg | 23 | A |
| | 15:00 | 17:00 | M45 | 102Akg | 23 | B |
| Wednesday 11/09/2024 | 07:00 | 09:00 | W45 | 45 - 55kg | 24 | A |
| | 07:00 | 09:00 | M45 | 109-109+kg | 24 | B |
| | 09:30 | 11:30 | W45 | 59 - 64kg | 25 | A |
| | 09:30 | 11:30 | W45 | 71 - 76kg | 25 | B |
| | 12:15 | 14:15 | W45 | 81 - +87kg | 26 | A |
| | 12:15 | 14:15 | M40 | 55 - 73kg | 26 | B |
| | 14:45 | 16:45 | M40 | 81kg | 27 | A |
| | 14:45 | 16:45 | M40 | 89kg | 27 | B |
| Thursday 12/09/2024 | 07:00 | 09:00 | M40 | 96 - 102kg | 28 | A |
| | 07:00 | 09:00 | M40 | 109-109+kg | 28 | B |
| | 10:30 | 12:30 | W40 | 45 - 55kg | 29 | A |
| | 10:30 | 12:30 | W40 | 59kg | 29 | B |
| | 13:15 | 15:15 | W40 | 64Bkg | 30 | A |
| | 13:15 | 15:15 | W40 | 64Akg | 30 | B |
| | 15:00 | 17:00 | W40 | 71kg | 31 | A |
| | 15:00 | 17:00 | W40 | 76kg | 32 | B |

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|---|-------------------------------|-------|-------|--------------|----------|----|
| Weigh-in | Start | Age | B/W | Session | PLATFORM | |
| Friday 13/09/2024 | 07:00 | 09:00 | W40 | 81kg | 32 | A |
| | 07:00 | 09:00 | W40 | 87 - +87kg | 32 | B |
| | 09:15 | 11:15 | M35 | 55 - 67kg | 33 | A |
| | 09:15 | 11:15 | M35 | 73kg | 33 | B |
| | 11:45 | 13:45 | M35 | 81kg | 34 | A |
| | 11:45 | 13:45 | M35 | 89kg | 34 | B |
| | 14:45 | 16:45 | M35 | 96kg | 35 | A |
| | 14:45 | 16:45 | W35 | 45 - 55kg | 35 | B |
| | Saturday 14/09/2024 | 07:00 | 09:00 | W35 | 59kg | 36 |
| 07:00 | | 09:00 | W35 | 64kg | 36 | B |
| 09:45 | | 11:45 | W35 | 71kg | 37 | A |
| 09:45 | | 11:45 | M35 | 102kg | 37 | B |
| 12:00 | | 14:00 | W35 | 76 - +87kg | 38 | A |
| 12:00 | | 14:00 | M35 | 109 - +109kg | 38 | B |
| CLOSING BANQUET | | | | | | |