

**IWF 2016 World Masters Championships
Qualifying Totals - Men**

Weight Category	Age Groups									
	M35 35-39	M40 40-44	M45 45-49	M50 50-54	M55 55-59	M60 60-64	M65 65-69	M70 70-74	M75 75-79	M80 80+
56	155.0	147.0	140.0	130.0	115.0	105.0	92.0	75.0	67.0	55.0
62	172.0	162.0	155.0	142.0	127.0	117.0	102.0	82.0	75.0	55.0
69	187.0	177.0	170.0	157.0	140.0	127.0	112.0	90.0	82.0	60.0
77	202.0	192.0	185.0	170.0	152.0	137.0	120.0	97.0	87.0	65.0
85	215.0	205.0	195.0	180.0	162.0	147.0	127.0	102.0	95.0	70.0
94	227.0	215.0	205.0	190.0	170.0	155.0	135.0	107.0	97.0	72.0
105	237.0	225.0	212.0	197.0	177.0	160.0	140.0	112.0	102.0	77.0
+105	245.0	232.0	222.0	205.0	182.0	167.0	145.0	117.0	107.0	80.0

**IWF 2016 World Masters Championships
Qualifying Totals - Women**

Weight Category	Age Groups								
	W35 35-39	W40 40-44	W45 45-49	W50 50-54	W55 55-59	W60 60-64	W65 65-69	W70 70+	
48	82.0	80.0	72.0	67.0	60.0	55.0	50.0	46.0	
53	90.0	85.0	77.0	72.0	65.0	57.0	52.0	48.0	
58	95.0	90.0	82.0	75.0	67.0	62.0	55.0	50.0	
63	100.0	95.0	85.0	77.0	70.0	65.0	57.0	53.0	
69	102.0	97.0	90.0	82.0	75.0	67.0	60.0	56.0	
75	107.0	100.0	92.0	85.0	77.0	70.0	62.0	58.0	
+75	112.0	105.0	97.0	90.0	82.0	72.0	65.0	61.0	