

Pan American Masters Championships

Qualifying Totals For Men

**(Minimum start weight in snatch and clean & jerk is
26 kg)**

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

At the 2019 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 20 kilograms below the Qualifying Standards.

USA athletes MUST have qualified at a National (or International) event – this includes 2018 American Masters, 2019 National Masters, 2018 American Open (or Series 2 or 3), 2018 Pan Am Masters, 2018 World Masters. Local competitions will NOT count as a qualifier for USA athletes.

Qualifying Totals For Women
 (Minimum start weight in snatch and clean & jerk is
 21 kg)

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