



Qualifying Totals and Entry Totals Explained

A Qualifying Total is the minimum required total required for athletes to participate in the competition in their registered category.

The **Minimum Entry Total** is the minimum total that athletes must enter and reach in a given competition.

At the Canadian Masters Championships, athletes must have already reached the minimum qualifying total .

The minimum starting total for the Canadian Masters Championships is **80%** of the category's qualifying total (not the athlete's entry total).

The minimum starting total for the Pan American Masters Championships is **80 %** of the category's qualifying total (not the athlete's entry total).

Ex.: Athlete A Qualification total 150 kg and entry total 170 kg = Minimum starting total is 120kg

On the other hand, the minimum starting total at the World Masters Championships is **80%** of the athlete's entry total.

Ex.: Athlete A Qualification total 150 kg and starting total 170 kg = Minimum starting total is 136 kg

Athletes who meet the qualifying total for the category they are initially registered for, are also qualified for the competition regardless of the weight category they finally compete in. Their minimum Start Total is as follows:

- a) For the Canadian Masters Championships it is **80% of the QUALIFYING TOTAL** for the category in which they will actually compete. (Canadian Masters Championships).
- b) For the International Masters Championships it is the minimum Start Total of 80% that is increased/decreased by an amount equal to the difference in allowable totals between the original category entered and the new category declared. (International Masters Championships). (IWF Masters Competition Rules 2.5 and 2.6 [INTERNATIONAL WEIGHTLIFTING \(cdnmastersweightlifting.org\)](http://cdnmastersweightlifting.org))