



World Masters Championship 2026 qualifying totals [kg]

Qualification Period 4 September 2025 – 12 July 2026

MEN

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
60	177	168	156	148	136	117	107	93	77	61	49
65	191	181	168	155	144	126	113	98	83	67	50
71	203	193	176	165	152	134	118	105	89	70	54
79	215	202	183	172	155	139	121	108	93	75	55
88	227	213	196	181	165	144	127	113	98	79	56
94	232	219	202	187	170	149	131	116	100	81	57
110	245	232	215	199	180	160	140	123	103	84	59
110+	251	238	220	204	184	165	142	125	103	85	60

Minimum weight on the bar - 26kg (For M70-M85+ - 15kg)

WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
48	102	96	86	74	64	57	49	38	30	30	30
53	112	105	93	82	68	59	53	40	33	30	30
58	118	111	99	88	73	63	56	44	35	30	30
63	123	115	102	91	77	66	58	46	36	31	30
69	128	120	106	96	81	68	60	50	37	31	30
77	133	125	111	100	84	73	64	52	38	32	30
86	138	131	115	106	89	76	65	54	39	32	30
86+	147	141	124	108	94	79	69	56	40	33	30

Minimum weight on the bar - 21kg (For W70-W85+ - 15kg)