



European Masters Championship 2025 qualifying totals [kg]
Qualification Period 15 June 2024 – 10 March 2025

MEN

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
55	150	142	130	125	113	99	91	76	65	54	45
61	166	158	146	139	127	110	100	87	73	58	47
67	180	171	158	146	138	119	107	93	79	64	48
73	191	181	166	155	143	126	112	99	84	67	50
81	203	191	173	164	148	132	117	103	88	72	52
89	212	200	183	169	154	137	120	107	92	74	53
96	219	206	190	176	160	141	124	110	94	76	54
102	223	211	195	180	164	146	128	112	95	78	55
109	228	216	200	185	167	149	130	114	96	78	55
109+	233	221	205	190	171	153	132	116	96	78	55

Minimum weight on the bar - 26kg*

WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
45	86	81	72	63	54	48	41	32	30	30	30
49	94	88	79	68	59	52	45	35	30	30	30
55	103	96	86	76	63	55	50	38	32	30	30
59	107	101	90	80	67	58	51	41	32	30	30
64	112	104	94	83	70	60	53	42	33	30	30
71	117	109	96	87	74	63	56	45	34	30	30
76	120	113	100	90	76	66	58	47	35	30	30
81	122	116	103	93	77	68	59	49	36	30	30
87	125	119	104	95	81	69	60	50	37	30	30
87+	133	128	113	98	86	72	63	53	38	30	30

Minimum weight on the bar - 21kg*

*For men and women aged 70 and above, the minimum weight on the bar shall be 15kg (10kg bar and 2 full sized 2.5kg discs with clips instead of collars). If the desired weight is 20kg a 15kg bar may be used. The qualification standards must be observed.