

As most of you will be aware, the IWF is bringing new Body Weight Categories into effect. This will start from the 1st of November and Weightlifting Scotland will follow suit. From the 1st of November 2018, all Weightlifting Scotland competitions will have the 10 new Male and Female categories, and competitions with qualifying totals have been adjusted to suit. The first match affected is the Scottish Open. The new qualifying totals for the Scottish Open are below (with the totals introduced instead of capping numbers because of the large numbers of entries and are the minimum requirement to enter the Open), lifters may wish to adjust their body weight classes for the matches preceding the Scottish Open, Eastern's, Northern, Western's etc in order to qualify for one of the new body weight classes if you are a new lifter and have not competed before or if you need to achieve the minimum qualifying standard. Lifters already achieving or exceeding the minimum standards should just enter the Open as normal but in your new chosen weight class.

The Scottish Senior Qualifying Totals have been adjusted and will need to be achieved in the competitions preceding the championships in 2019 unless you can show that you are able to achieve the required standard in results within the year before the 2019 championships.

For clubs running competitions after the 1st of November, please note that these changes will be in place. If you need further information, please contact me directly on weightliftingscotlandgeneralsecretary@outlook.com

Female										
Bwt Class	45	49	55	59	64	71	76	81	87	87+
Scottish Senior Total	91	97	106	111	117	124	128	132	136	140
Scottish Open Total	68	73	79	83	88	93	96	99	102	105

Male										
Bwt Class	55	61	67	73	81	89	96	102	109	109+
Scottish Senior Total	161	174	185	194	206	215	222	227	232	238
Scottish Open Total	121	131	139	146	155	161	167	170	174	179

