

USA WEIGHTLIFTING
2010 QUALIFYING TOTALS

1. 2010 Qualifying Totals for National Championship Events

Refer to "2010 Qualifying Totals Calculations" document for justification of totals.

Men Wt Cl	Nat'ls	Juniors	Collegiates
56 kg	155	126	110
62 kg	182	165	137
69 kg	215	185	170
77 kg	244	205	195
85 kg	258	217	203
94 kg	283	218*	213
105 kg	285	220	214
+105 kg	293	225	218

Women Wt Cl	Nat'ls	Juniors	Collegiates
48 kg	98	83	77
53 kg	119	95	88
58 kg	129	108	96
63 kg	137	115	102
69 kg	141	116*	104
75 kg	149	117*	109
+75 kg	160	125	110

*1 kg rule applies

National School Age

Men	SA 13 & U	SA 14 - 15	SA 16-17
* 35	40	n/a	n/a
* 39	50	n/a	n/a
* 44	54	80	n/a
50	58	90	n/a
56	64	97	105
62	69	105	120
69	74	112	132
* 69+	79	n/a	n/a
77	n/a	119	140
85	n/a	127	152
* 85+	n/a	135	n/a
94	n/a	n/a	160
* 105	n/a	n/a	170
* 105+	n/a	n/a	180

Women	SA 13 & U	SA 14 - 15	SA 16-17
* 35	31	n/a	n/a
* 39	36	n/a	n/a
44	41	52	n/a
48	45	60	65
53	49	65	70
58	52	69	80
* 58+	55	n/a	n/a
63	n/a	74	88
69	n/a	78	93
69+	n/a	81	n/a
* 75	n/a	n/a	98
* 75+	n/a	n/a	103

2. 2010 Qualifying Totals for Youth Olympic Games

Refer to "2010 Qualifying Totals Calculations" document for justification of totals.

Men Wt Cl	Ave	Women Wt Cl	Ave
56 kg	222.6	48 kg	144.6
62 kg	247.2	53 kg	166.8
69 kg	261	58 kg	177.2
77 kg	281	63 kg	189.4
85 kg	289.8	63+ kg	205.6
85+ kg	292.8	---	

3. 2010 Qualifying Totals for International Teams by Ability to Place and Score

Refer to "2010 Qualifying Totals Calculations" document for justification of totals.

World Championships	
Men	
Place	56 kg Ave
1	288
2	286
3	283
4	281
5	278
6	273
7	270
8	265
9	265
10	261
11	256
12	254
13	251
14	251
15	248
16	246
17	245
18	243
19	243
20	242
21	240
22	240
23	236
24	235
25	234

Junior World Championships	
Men	
Place	56 kg Ave
1	271
2	256
3	249
4	242
5	234
6	231
7	229
8	227
9	224
10	222
11	221
12	220
13	218
14	217
15	208
16	200
17	198
18	190
19	189
20	188
21	187
22	186
23	185
24	184
25	183

Pan Am Championships	
Men	
Place	56 kg Ave
1	254
2	241
3	232
4	224
5	215
6	206
7	203
8	200
9	197
10	196
11	195
12	194
13	193
14	192
15	191
16	190
17	189
18	188

World University Championships	
Men	
Place	56 kg Ave
1	259
2	240
3	218
4	213
5	212
6	205
7	204
8	203
9	202
10	201
11	200
12	199
13	198
14	197
15	196

World Championships	
Men	
Place	62 kg Ave
1	319
2	307
3	302
4	300
5	295
6	293
7	292
8	291
9	290
10	289
11	287
12	286
13	285
14	283
15	283
16	283
17	281
18	279
19	279
20	278
21	277
22	275
23	274
24	273
25	272

Junior World Championships	
Men	
Place	62 kg Ave
1	294
2	290
3	287
4	282
5	275
6	266
7	261
8	256
9	252
10	249
11	246
12	243
13	240
14	235
15	234
16	227
17	224
18	223
19	222
20	221
21	220
22	219
23	218
24	217
25	216

Pan Am Championships	
Men	
Place	62 kg Ave
1	295
2	281
3	271
4	256
5	252
6	244
7	238
8	237
9	234
10	233
11	223
12	221
13	219
14	217
15	215
16	211
17	209
18	207

World University Championships	
Men	
Place	62 kg Ave
1	298
2	277
3	262
4	254
5	246
6	235
7	231
8	230
9	220
10	212
11	211
12	210
13	209
14	208
15	207

2010 Qualifying Totals for International Teams by Ability to Place and Score (continued)

World Championships	
Men	
Place	69 kg Ave
1	344
2	337
3	333
4	329
5	328
6	325
7	320
8	317
9	316
10	313
11	312
12	310
13	308
14	308
15	307
16	306
17	305
18	304
19	303
20	302
21	299
22	298
23	297
24	296
25	296

Junior World Championships	
Men	
Place	69 kg Ave
1	317
2	315
3	309
4	305
5	300
6	297
7	291
8	288
9	284
10	279
11	274
12	270
13	264
14	262
15	258
16	250
17	245
18	244
19	244
20	243
21	241
22	239
23	235
24	233
25	231

Pan Am Championships	
Men	
Place	69 kg Ave
1	314
2	305
3	300
4	294
5	285
6	278
7	266
8	258
9	253
10	246
11	236
12	231
13	228
14	218
15	217
16	216
17	215
18	214

World University Championships	
Men	
Place	69 kg Ave
1	327
2	299
3	285
4	275
5	265
6	259
7	250
8	237
9	235
10	224
11	215
12	214
13	213
14	210
15	208

World Championships	
Men	
Place	77 kg Ave
1	365
2	363
3	362
4	357
5	353
6	352
7	351
8	349
9	346
10	345
11	343
12	342
13	339
14	337
15	336
16	333
17	332
18	330
19	328
20	328
21	328
22	327
23	326
24	326
25	325

Junior World Championships	
Men	
Place	77 kg Ave
1	337
2	332
3	325
4	323
5	313
6	310
7	307
8	303
9	296
10	295
11	290
12	289
13	284
14	283
15	278
16	270
17	268
18	258
19	257
20	255
21	254
22	251
23	249
24	248
25	244

Pan Am Championships	
Men	
Place	77 kg Ave
1	339
2	332
3	326
4	324
5	311
6	300
7	295
8	287
9	283
10	272
11	264
12	257
13	243
14	241
15	240
16	239
17	238
18	237

World University Championships	
Men	
Place	77 kg Ave
1	352
2	340
3	307
4	286
5	276
6	263
7	258
8	255
9	253
10	247
11	243
12	241
13	228
14	226
15	219

2010 Qualifying Totals for International Teams by Ability to Place and Score (continued)

World Championships	
Men	
Place	85 kg Ave
1	393
2	381
3	375
4	374
5	371
6	367
7	364
8	362
9	360
10	359
11	357
12	356
13	355
14	353
15	352
16	350
17	348
18	348
19	345
20	343
21	342
22	342
23	341
24	340
25	338

Junior World Championships	
Men	
Place	85 kg Ave
1	364
2	352
3	348
4	344
5	336
6	332
7	329
8	324
9	320
10	319
11	315
12	306
13	301
14	298
15	295
16	291
17	289
18	287
19	280
20	277
21	275
22	197
23	267
24	256
25	251

Pan Am Championships	
Men	
Place	85 kg Ave
1	355
2	351
3	345
4	335
5	326
6	323
7	319
8	314
9	300
10	292
11	285
12	272
13	258
14	257
15	256
16	255
17	254
18	253

World University Championships	
Men	
Place	85 kg Ave
1	347
2	337
3	324
4	317
5	307
6	300
7	294
8	280
9	275
10	262
11	255
12	244
13	243
14	238
15	229

World Championships	
Men	
Place	94 kg Ave
1	401
2	397
3	396
4	393
5	390
6	387
7	386
8	383
9	381
10	379
11	374
12	372
13	370
14	369
15	364
16	364
17	362
18	361
19	359
20	358
21	357
22	353
23	350
24	350
25	349

Junior World Championships	
Men	
Place	94 Avg
1	374
2	371
3	360
4	353
5	349
6	341
7	338
8	334
9	328
10	326
11	326
12	317
13	309
14	303
15	298
16	293
17	292
18	290
19	280
20	279
21	276
22	274
23	272
24	271
25	270

Pan Am Championships	
Men	
Place	94 Avg
1	371
2	361
3	349
4	337
5	319
6	317
7	314
8	311
9	309
10	308
11	306
12	296
13	285
14	284
15	283
16	282
17	281
18	280

World University Championships	
Men	
Place	94 Avg
1	365
2	355
3	341
4	334
5	324
6	313
7	298
8	283
9	280
10	276
11	275
12	270
13	268
14	265
15	264

2010 Qualifying Totals for International Teams by Ability to Place and Score (continued)

World Championships	
Men	
Place	105 kg Ave
1	428
2	416
3	414
4	412
5	406
6	403
7	401
8	396
9	394
10	393
11	390
12	387
13	385
14	384
15	381
16	379
17	375
18	373
19	367
20	364
21	361
22	356
23	354
24	353
25	352

Junior World Championships	
Men	
Place	105 kg Ave
1	395
2	383
3	375
4	370
5	356
6	347
7	341
8	333
9	328
10	325
11	309
12	306
13	301
14	295
15	292
16	291
17	289
18	287
19	285
20	284
21	284
22	281
23	275
24	274
25	273

Pan Am Championships	
Men	
Place	105 kg Ave
1	365
2	349
3	345
4	338
5	328
6	327
7	311
8	303
9	285
10	267
11	260
12	259
13	258
14	257
15	256
16	255
17	254
18	253

World University Championships	
Men	
Place	105 kg Ave
1	369
2	354
3	335
4	318
5	303
6	298
7	291
8	278
9	266
10	263
11	259
12	250
13	247
14	244
15	243

World Championships	
Men	
Place	105+ kg Ave
1	452
2	449
3	442
4	440
5	436
6	431
7	422
8	414
9	411
10	405
11	400
12	398
13	395
14	393
15	392
16	386
17	385
18	381
19	381
20	380
21	378
22	377
23	375
24	373
25	373

Junior World Championships	
Men	
Place	105+ kg Ave
1	408
2	393
3	384
4	373
5	363
6	357
7	354
8	350
9	347
10	332
11	326
12	310
13	305
14	304
15	303
16	302
17	301
18	300
19	299
20	298
21	297
22	296
23	295
24	294
25	293

Pan Am Championships	
Men	
Place	105+ kg Ave
1	385
2	376
3	372
4	371
5	336
6	329
7	324
8	315
9	291
10	276
11	275
12	274
13	273
14	272
15	271
16	270
17	269
18	268

World University Championships	
Men	
Place	105+kg Ave
1	397
2	371
3	355
4	348
5	334
6	331
7	329
8	322
9	313
10	313
11	302
12	301
13	300
14	299
15	298

2010 Qualifying Totals for International Teams by Ability to Place and Score (continued)

World Championships	
Women	
Place	48 kg Ave
1	215
2	196
3	192
4	191
5	189
6	188
7	184
8	179
9	178
10	176
11	169
12	168
13	167
14	165
15	163
16	162
17	162
18	161
19	159
20	158
21	156
22	156
23	154
24	153
25	153

Junior World Championships	
Women	
Place	48 kg Ave
1	183
2	177
3	172
4	169
5	164
6	161
7	155
8	151
9	148
10	144
11	143
12	135
13	131
14	128
15	125
16	124
17	124
18	123
19	122
20	121
21	120
22	119
23	118
24	117
25	116

Pan Am Championships	
Women	
Place	48 kg Ave
1	170
2	165
3	154
4	147
5	143
6	139
7	138
8	137
9	135
10	131
11	129
12	124
13	123
14	122
15	121
16	120
17	119
18	118

World University Championships	
Women	
Place	48 kg Ave
1	189
2	179
3	166
4	155
5	140
6	132
7	129
8	124
9	123
10	122
11	121
12	120
13	119
14	118
15	117

World Championships	
Women	
Place	53 kg Ave
1	224
2	217
3	212
4	209
5	206
6	202
7	201
8	196
9	195
10	193
11	192
12	191
13	189
14	188
15	186
16	185
17	183
18	183
19	182
20	182
21	179
22	178
23	176
24	175
25	174

Junior World Championships	
Women	
Place	53 kg Ave
1	195
2	188
3	182
4	175
5	169
6	168
7	161
8	157
9	155
10	155
11	152
12	144
13	143
14	141
15	140
16	136
17	135
18	134
19	133
20	132
21	131
22	130
23	129
24	128
25	127

Pan Am Championships	
Women	
Place	53 kg Ave
1	191
2	183
3	176
4	173
5	165
6	150
7	147
8	140
9	130
10	129
11	128
12	127
13	126
14	125
15	124
16	123
17	122
18	121

World University Championships	
Women	
Place	53 kg Ave
1	195
2	180
3	170
4	154
5	147
6	140
7	138
8	131
9	126
10	121
11	120
12	119
13	118
14	117
15	116

2010 Qualifying Totals for International Teams by Ability to Place and Score (continued)

World Championships	
Women	
Place	58 kg Ave
1	245
2	234
3	228
4	225
5	223
6	217
7	214
8	210
9	207
10	207
11	205
12	203
13	199
14	198
15	198
16	196
17	194
18	194
19	194
20	193
21	193
22	190
23	187
24	187
25	187

Junior World Championships	
Women	
Place	58 kg Ave
1	218
2	205
3	202
4	188
5	187
6	185
7	183
8	179
9	173
10	171
11	169
12	167
13	162
14	159
15	156
16	151
17	149
18	144
19	139
20	138
21	137
22	136
23	135
24	134
25	133

Pan Am Championships	
Women	
Place	58 kg Ave
1	207
2	205
3	197
4	190
5	178
6	169
7	163
8	158
9	154
10	149
11	148
12	147
13	146
14	145
15	144
16	143
17	142
18	141

World University Championships	
Women	
Place	58 kg Ave
1	216
2	197
3	182
4	169
5	159
6	145
7	144
8	143
9	142
10	141
11	140
12	139
13	138
14	137
15	136

World Championships	
Women	
Place	63 kg Ave
1	250
2	247
3	243
4	236
5	230
6	226
7	225
8	223
9	222
10	221
11	221
12	219
13	217
14	216
15	215
16	212
17	210
18	209
19	207
20	205
21	203
22	202
23	202
24	201
25	198

Junior World Championships	
Women	
Place	63 kg Ave
1	224
2	213
3	202
4	199
5	194
6	194
7	183
8	176
9	171
10	169
11	166
12	155
13	149
14	148
15	147
16	146
17	145
18	144
19	143
20	142
21	141
22	140
23	139
24	138
25	137

Pan Am Championships	
Women	
Place	63 kg Ave
1	217
2	213
3	209
4	200
5	195
6	190
7	184
8	174
9	173
10	171
11	169
12	164
13	163
14	162
15	161
16	160
17	159
18	158

World University Championships	
Women	
Place	63 kg Ave
1	215
2	200
3	179
4	175
5	167
6	161
7	160
8	150
9	145
10	144
11	143
12	142
13	141
14	140
15	139

2010 Qualifying Totals for International Teams by Ability to Place and Score (continued)

World Championships	
Women	
Place	69 kg Ave
1	276
2	264
3	247
4	241
5	239
6	237
7	231
8	226
9	224
10	222
11	221
12	219
13	216
14	216
15	213
16	210
17	208
18	207
19	206
20	205
21	203
22	202
23	200
24	198
25	197

Junior World Championships	
Women	
Place	69 kg Ave
1	239
2	235
3	221
4	212
5	208
6	206
7	194
8	186
9	183
10	176
11	174
12	173
13	171
14	165
15	164
16	163
17	162
18	161
19	160
20	159
21	158
22	157
23	156
24	155
25	154

Pan Am Championships	
Women	
Place	69 kg Ave
1	224
2	208
3	201
4	198
5	185
6	181
7	177
8	176
9	175
10	173
11	171
12	168
13	162
14	162
15	156
16	155
17	154
18	153

World University Championships	
Women	
Place	69 kg Ave
1	203
2	193
3	180
4	173
5	164
6	163
7	155
8	154
9	153
10	152
11	151
12	150
13	149
14	148
15	147

World Championships	
Women	
Place	75 kg Ave
1	285
2	273
3	262
4	257
5	253
6	243
7	240
8	239
9	237
10	236
11	233
12	232
13	228
14	226
15	225
16	222
17	221
18	219
19	217
20	213
21	209
22	205
23	205
24	203
25	202

Junior World Championships	
Women	
Place	75 kg Ave
1	239
2	226
3	215
4	209
5	201
6	186
7	182
8	181
9	178
10	175
11	174
12	173
13	172
14	171
15	170
16	169
17	168
18	167
19	166
20	165
21	164
22	163
23	162
24	161
25	160

Pan Am Championships	
Women	
Place	75 kg Ave
1	229
2	227
3	213
4	209
5	202
6	193
7	189
8	185
9	178
10	175
11	174
12	171
13	170
14	169
15	168
16	167
17	166
18	165

World University Championships	
Women	
Place	75 kg Ave
1	226
2	219
3	208
4	202
5	198
6	190
7	186
8	179
9	178
10	177
11	176
12	175
13	174
14	173
15	172

2010 Qualifying Totals for International Teams by Ability to Place and Score (continued)

World Championships	
Women	
Place	75+ kg Ave
1	321
2	304
3	284
4	274
5	271
6	267
7	265
8	261
9	258
10	257
11	255
12	254
13	248
14	245
15	240
16	236
17	235
18	232
19	231
20	229
21	227
22	225
23	224
24	220
25	218

Junior World Championships	
Women	
Place	75+ kg Ave
1	255
2	242
3	236
4	227
5	211
6	200
7	200
8	196
9	193
10	192
11	188
12	182
13	181
14	174
15	173
16	172
17	171
18	170
19	169
20	168
21	167
22	166
23	165
24	164
25	163

Pan Am Championships	
Women	
Place	75+ kg Ave
1	257
2	239
3	233
4	224
5	214
6	213
7	210
8	208
9	199
10	196
11	190
12	189
13	185
14	184
15	183
16	182
17	181
18	180

World University Championships	
Women	
Place	+75 kg Ave
1	254
2	220
3	208
4	204
5	194
6	187
7	186
8	185
9	184
10	183
11	182
12	181
13	180
14	179
15	178

2010 Continental Youth Olympic Qualifier

Place	50 kg Ave	56 kg Ave	62 kg Ave	69 kg Ave	77 kg Ave	85 kg Ave	94 kg Ave	+94 kg Ave
1	196	226	233	263	268	278	306	285
2	183	206	230	251	259	265	280	278
3	171	200	221	246	245	243	255	256
4	168	196	217	228	229	235	252	254
5	165	182	208	223	219	214	247	242
6	162	179	194	212	208	211	236	236
7	159	166	186	200	200	208	223	223
8	156	158	182	197	190	205	220	220
9	153	149	179	194	188	202	217	217
10	150	146	176	191	185	199	214	214