



Gauteng Colours

2022 Weightlifting Standards

Issued: 2022/03/09

2022 Weightlifting SENIOR Standards

SENIOR MEN

Division	Total
55	176
61	191
67	203
73	218
81	227
89	232
96	250
102	247
109	261
109+	295

SENIOR WOMEN

Division	Total
45	115
49	128
55	136
59	148
64	157
71	160
76	167
81	170
87	176
87+	201

2022 Weightlifting JUNIOR Standards

JUNIOR MEN

Division	Total
55	158
61	176
67	197
73	209
81	224
89	223
96	238
102	235
109	250
109+	259

JUNIOR WOMEN

Division	Total
45	107
49	124
55	127
59	137
64	144
71	151
76	155
81	156
87	161
87+	199

2022 Weightlifting YOUTH Standards

YOUTH MEN

Division	Total
49	133
55	149
61	166
67	184
73	184
81	208
89	214
96	212
102	232
102+	238

YOUTH WOMEN

Division	Total
40	81
45	103
49	114
55	119
59	137
64	133
71	138
76	137
81	153
81+	138