



# Gauteng Colours

## Weightlifting Standards

Issued: 2022/03/09

### 2022 Weightlifting SENIOR Standards

SENIOR MEN		SENIOR WOMEN	
Division	Total	Division	Total
55	176	45	115
61	191	49	128
67	203	55	136
73	218	59	148
81	227	64	157
89	232	71	160
96	250	76	167
102	247	81	170
109	261	87	176
109+	295	87+	201

### 2022 Weightlifting JUNIOR Standards

JUNIOR MEN		JUNIOR WOMEN	
Division	Total	Division	Total
55	158	45	107
61	176	49	124
67	197	55	127
73	209	59	137
81	224	64	144
89	223	71	151
96	238	76	155
102	235	81	156
109	250	87	161
109+	259	87+	199

### 2022 Weightlifting YOUTH Standards

YOUTH MEN		YOUTH WOMEN	
Division	Total	Division	Total
49	133	40	81
55	149	45	103
61	166	49	114
67	184	55	119
73	184	59	137
81	208	64	133
89	214	71	138
96	212	76	137
102	232	81	153
102+	238	81+	138