



Gauteng Colours Weightlifting Standards

| 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 |

| 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 |

| 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 |

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