



QUALIFYING FOR THE 2026 IMWA WORLD MASTERS WEIGHTLIFTING CHAMPIONSHIP IN ATHENS

BODYWEIGHT TRANSITION INFORMATION:

The IMWA informed you that it follows the IWF recently introducing new bodyweight categories for the competitions from the 1st August 2026, especially the 2026 IMWA World Masters Weightlifting Championship in Athens – Greece. The IMWA posted a revised Qualifying Totals Chart corresponding to these new bodyweight categories on the website: <https://www.imwla.com/2026-world-championship>

The differences between the new and the current bodyweight categories are as follows:

Category changes/non-changes

Current (2025) category-->New (2026) category:

Men, 60 kg-->no change

Men, 65 kg-->no change

Men, 71 kg-->70 kg

Men, 79 kg-->75 kg

Men, 88 kg-->85 kg

Men, 94 kg-->95 kg

[Men, 102 kg-->category absent]

Men, 110 kg--> no change

Men, 110+ kg--> no change

Women, 48 kg-->49 kg

Women, 53 kg-->no change

Women, 58 kg-->57 kg

Women, 63 kg-->61 kg

Women, 69 kg-->no change

Women, 77 kg-->no change

Women, 86 kg--> no change

Women, 86+ kg--> no change

If an athlete competes in a National or Continental (Masters) WL Championship in a bodyweight category different from a category to be used at the 2026 IMWA World Masters WL Championship, than the athlete will be considered qualified for the 2026 IMWA World Masters WL Championship if their total equals or exceeds the qualifying total in a 2026 bodyweight category that is equal to or higher than their actual bodyweight as recorded at the weigh-in for the athlete's National or Continental (Masters) WL Championship.

Example: If a male lifter competing in the 79-kg category at a National Masters Competition and weighs in at 74.7 kg, and if their total equals or exceeds the qualifying total for the new 75-kg category, they will be considered to have qualified for the 75-kg category (even though they are competing in the 79-kg category). Similarly, if a female lifter weighs in at 49.0 kg to compete in the 53 kg category, they will be considered qualified to compete in the 49-kg category in 2026 if their total equals or exceeds the qualifying total for that category