



## World Masters Games & World Masters Championships 2027

### Qualifying Totals [kg] Chart

**Qualification Period 15 January 2026 – 15 December 2026**

#### **MEN**

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	MG0+
<b>60</b>	165	156	145	138	126	109	99	86	72	57	46	39
<b>65</b>	178	168	156	144	134	117	105	91	77	62	47	42
<b>70</b>	187	177	163	152	140	124	109	97	82	65	50	43
<b>75</b>	195	184	167	157	143	127	112	99	85	68	51	45
<b>85</b>	207	195	178	165	150	132	116	103	89	72	52	47
<b>G5</b>	217	205	190	175	159	140	124	109	93	75	53	48
<b>110</b>	228	216	200	185	167	149	130	114	96	79	56	48
<b>110+</b>	233	221	205	190	171	153	132	116	96	79	56	48

Minimum weight on the bar - 26kg (For M70-M90+ - 15kg)

#### **WOMEN**

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	WG0+
<b>4G</b>	94	88	78	68	59	51	45	34	30	30	30	30
<b>53</b>	101	95	84	74	61	53	48	36	30	30	30	30
<b>57</b>	105	99	88	78	65	56	50	39	32	30	30	30
<b>61</b>	109	102	91	81	68	58	51	41	32	30	30	30
<b>6G</b>	115	108	95	86	73	61	54	45	33	30	30	30
<b>77</b>	120	113	100	90	76	66	58	47	34	30	30	30
<b>86</b>	124	118	104	95	80	68	59	49	35	30	30	30
<b>86+</b>	132	127	112	97	85	71	62	50	36	30	30	30

Minimum weight on the bar - 21kg (For W70-W90+ - 15kg)

- 1.1 For men and women in age groups 70 and above, the minimum weight on the bar shall be 15 kg (10- kg bar and two full-sized 2.5-kg discs, with clips instead of collars). If the desired weight is 20 kg, a 15-kg bar may be used. The qualification standards must be observed.**