



GSAA AUSTRALIAN TEAM  
QUALIFICATION STANDARDS

2023

# **2023 IUKL Qualification Criteria**

To qualify for the 2023 IUKL Australian Team all Athletes must compete at

- One (1) GSAA Interstate Open Competition OR WKSF Oceania Cup
- The GSAA State of Origin Competition, AND
- The 2023 GSAA Australian National Championships.

The qualifying Period for the 2023 IUKL World Championships is between October 2022 – September 2023.

In the event that GSAA hosts additional competitions outside the previously mentioned period, then athletes may add further qualifications to their 2023 IUKL World Championships campaign. E.g., IUKL Oceania Cup.

Lifts available for selection to the 2023 IUKL Australian Team are listed below. These must be obtained at one of the aforementioned competitions, excluding Professional Lifters. See below for specific requirements.

## **Qualification Alternatives**

Athletes who achieve first (1<sup>st</sup>) place in the above lifts at the WKSF World Championships or IUKL World Championships in the Amateur, Veteran or Junior categories are automatically eligible to qualify for the 2023 IUKL World Championship Australian Team.

Furthermore, any athlete that places first (Australian National Championship / Gold Medal Winner) and last the full time limit of the lift (10, 12, 30 mins) at the 2022 GSAA National Championships for the aforementioned lifts, will also gain eligibility for the 2023 IUKL World Championship Australia Team under the “Henry Rule”.

## **Boys 16 and Under**

All requirements are indicative of the 2022/23 GSAA Ranking Table – Boys 17 & Under

Weight	Lifts	Requirements
16kg	<ul style="list-style-type: none"><li>• Jerk</li><li>• Snatch</li><li>• Biathlon</li><li>• Long Cycle</li><li>• Triathlon</li></ul>	<ul style="list-style-type: none"><li>• Rank 2 or above</li></ul>
24kg, 20kg, 16kg	<ul style="list-style-type: none"><li>• One Arm Jerk</li><li>• One Arm Long Cycle</li><li>• Military Snatch</li></ul>	<ul style="list-style-type: none"><li>• CMS</li><li>• Rank 1</li><li>• Rank 2</li></ul>

## **Girls 16 and Under**

All requirements are indicative of the 2022/23 GSAA Ranking Table – Girls 17 & Under

Weight	Lifts	Requirements
12kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 2 or above</li> </ul>
20kg, 16kg, 12kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS</li> <li>• Rank 1</li> <li>• Rank 2</li> </ul>

## **Boys 18 and Under**

All requirements are indicative of the 2022/23 GSAA Ranking Table – Boys 17 & Under

Weight	Lifts	Requirements
24kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above</li> </ul>
32kg, 28kg, 24kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• MS*</li> <li>• CMS</li> </ul>

\*Requirements for competing with the 32kg at IUKL World Championships is attaining MS on the Junior ranking tables and lifting the 32kg at the 2023 GSAA National Championships.

## Girls 18 and Under

All requirements are indicative of the 2022/23 GSAA Ranking Table – Girls 17 & Under

Weight	Lifts	Requirements
16kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above</li> </ul>
24kg, 20kg, 16kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• MS*</li> <li>• CMS</li> </ul>

\*Requirements for competing with the 24kg at IUKL World Championships is attaining MS on the Junior ranking tables and lifting the 24kg at the 2023 GSAA National Championships.

## Amateur Men

All requirements are indicative of the 2022/23 GSAA Men's Open Ranking Table or 30min Open Men's Ranking Table

Weight	Lifts	Requirements
24kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above</li> </ul>
32kg, 28kg, 24kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• MS</li> <li>• CMS</li> <li>• Rank 1</li> </ul>
28kg, 24kg, 20kg (Doubles)	<ul style="list-style-type: none"> <li>• Jerk (30mins)</li> <li>• Long Cycle (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>• CMS</li> <li>• Rank 1</li> <li>• Rank 2</li> </ul>

## **Amateur Women**

All requirements are indicative of the 2022/23 GSAA Women's Open Ranking Table or 30min Open Women's Ranking Table

Weight	Lifts	Requirements
16kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above</li> </ul>
24kg, 20kg, 16kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• MS</li> <li>• CMS</li> <li>• Rank 1</li> </ul>
20kg, 16kg	<ul style="list-style-type: none"> <li>• Snatch (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>• CMS</li> <li>• Rank 1</li> </ul>

## **Professional Men**

The two (2) athletes from each IUKL weight class with the highest overall reps completing the below lifts at the GSAA Australian Nationals will be selected to represent Australia.

All requirements are indicative of the 2022/23 GSAA Men's Open Ranking Table

Weight	Lifts	Requirements
32kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above**</li> </ul>
40kg, 32kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch (32kg ONLY)</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above**</li> </ul>

\*\* Athletes must achieve CMS on the 2022/23 GSAA Open Ranking Table at a GSAA Competition

from October 2022 and prior to the Australian National Championships.

## Professional Women

The two (2) athletes from each IUKL weight class with the highest overall reps completing the below lifts at the GSAA Australian Nationals will be selected to represent Australia.

All requirements are indicative of the 2022/23 GSAA Women's Open Ranking Table

Weight	Lifts	Requirements
24kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above**</li> </ul>
32kg, 24kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch (24kg ONLY)</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above**</li> </ul>

\*\* Athletes must achieve CMS on the 2022/23 GSAA Open Ranking Table at a GSAA Competition from October 2022 and prior to the Australian National Championships.

## Veteran Men

All requirements are indicative of the 2022/23 GSAA Men's Open Ranking Table OR 2022/23 GSAA Veteran Men's Ranking Table.

Age Category	Weight	Lifts	Requirements
40-49	24kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>1</sup></li> </ul>
40-49	32kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• MS<sup>1</sup></li> </ul>
40-49	32kg (Doubles)	<ul style="list-style-type: none"> <li>• Jerk (30mins)</li> <li>• Long Cycle (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>• MS<sup>2</sup></li> </ul>

<sup>1</sup>GSAA Men's Open Ranking Table

<sup>2</sup>GSAA 30min Men's Open Ranking Table

<sup>3</sup>GSAA 50+ Men's Ranking Table

<sup>4</sup>GSAA 50+ 30min Men's Ranking Table

## **Veteran Men - Continued**

Age Category	Weight	Lifts	Requirements
<b>50-59</b>	24kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• MS<sup>3</sup></li> </ul>
<b>50-59</b>	28kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• MSTA<sup>3</sup></li> </ul>
<b>50-59</b>	28kg (Doubles)	<ul style="list-style-type: none"> <li>• Jerk (30mins)</li> <li>• Long Cycle (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>• MS<sup>4</sup></li> </ul>

Age Category	Weight	Lifts	Requirements
<b>60-69</b>	16kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>3</sup></li> </ul>
<b>60-69</b>	24kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• MS<sup>3</sup></li> </ul>
<b>60-69</b>	24kg (Doubles)	<ul style="list-style-type: none"> <li>• Jerk (30mins)</li> <li>• Long Cycle (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above<sup>4</sup></li> </ul>

Age Category	Weight	Lifts	Requirements
<b>70-75+</b>	12kg	<ul style="list-style-type: none"> <li>• Jerk</li> <li>• Snatch</li> <li>• Long Cycle</li> <li>• Triathlon</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 2 or above<sup>3</sup></li> </ul>
<b>70-74</b>	20kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above<sup>3</sup></li> </ul>
<b>70-74</b>	16kg (Doubles)	<ul style="list-style-type: none"> <li>• Jerk (30mins)</li> <li>• Long Cycle (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>4</sup></li> </ul>
<b>75+</b>	16kg	<ul style="list-style-type: none"> <li>• One Arm Jerk</li> <li>• One Arm Long Cycle</li> <li>• Military Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>3</sup></li> </ul>
<b>75+</b>	16kg (Doubles)	<ul style="list-style-type: none"> <li>• Jerk (30mins)</li> <li>• Long Cycle (30mins)</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 2 or above<sup>4</sup></li> </ul>

<sup>1</sup>GSAA Men's Open Ranking Table

<sup>2</sup>GSAA 30min Men's Open Ranking Table

<sup>3</sup>GSAA 50+ Men's Ranking Table

<sup>4</sup>GSAA 50+ 30min Men's Ranking Table

## **Veteran Women**

All requirements are indicative of the 2022/23 GSAA Women's Open Ranking Table OR 2022/23 GSAA Veteran Women's Ranking Table.

Age Category	Weight	Lifts	Requirements
<b>35-49</b>	16kg	<ul style="list-style-type: none"><li>• Jerk</li><li>• Snatch</li><li>• Long Cycle</li><li>• Triathlon</li></ul>	<ul style="list-style-type: none"><li>• Rank 1 or above<sup>1</sup></li></ul>
<b>35-49</b>	16kg	<ul style="list-style-type: none"><li>• One Arm Jerk</li><li>• One Arm Long Cycle</li><li>• Military Snatch</li></ul>	<ul style="list-style-type: none"><li>• Rank 1 or above<sup>1</sup></li></ul>
<b>35-49</b>	16kg	<ul style="list-style-type: none"><li>• Snatch (30mins)</li></ul>	<ul style="list-style-type: none"><li>• Rank 1 or above<sup>2</sup></li></ul>

Age Category	Weight	Lifts	Requirements
<b>50-59</b>	12kg	<ul style="list-style-type: none"><li>• Jerk</li><li>• Snatch</li><li>• Long Cycle</li><li>• Triathlon</li></ul>	<ul style="list-style-type: none"><li>• CMS or above<sup>3</sup></li></ul>
<b>50-59</b>	12kg	<ul style="list-style-type: none"><li>• One Arm Jerk</li><li>• One Arm Long Cycle</li><li>• Military Snatch</li></ul>	<ul style="list-style-type: none"><li>• CMS or above<sup>3</sup></li></ul>
<b>50-59</b>	16kg	<ul style="list-style-type: none"><li>• Snatch (30mins)</li></ul>	<ul style="list-style-type: none"><li>• CMS or above<sup>4</sup></li></ul>

Age Category	Weight	Lifts	Requirements
<b>60-65+</b>	8kg	<ul style="list-style-type: none"><li>• Jerk</li><li>• Snatch</li><li>• Long Cycle</li><li>• Triathlon</li></ul>	<ul style="list-style-type: none"><li>• Rank 2 or above<sup>3</sup></li></ul>
<b>60-65+</b>	8kg	<ul style="list-style-type: none"><li>• One Arm Jerk</li><li>• One Arm Long Cycle</li><li>• Military Snatch</li></ul>	<ul style="list-style-type: none"><li>• Rank 2 or above<sup>3</sup></li></ul>
<b>60-65+</b>	8kg	<ul style="list-style-type: none"><li>• Snatch (30mins)</li></ul>	<ul style="list-style-type: none"><li>• Rank 3 or above<sup>4</sup></li></ul>

<sup>1</sup>GSAA Women's Open Ranking Table

<sup>2</sup>GSAA 30min Women's Open Ranking Table

<sup>3</sup>GSAA 50+ Women's Ranking Table

<sup>4</sup>GSAA 50+ 30min Women's Ranking Table



## **2023 WKSF Qualification Criteria**

To qualify for the 2023 WKSF Australian Team all Athletes must compete at

- 2022 GSAA Australian Nationals Championship
- One (1) GSAA Hub Opens (2022) OR One (1) GSAA Interstate Open Competition (2023)
- One (1) GSAA State Championship June 2022, OR GSAA State of Origin Competition (2023 onwards)

Once qualified, athletes may qualify for additional lifts through the 2023 GSAA Season prior to the cut-off date for registration for the 2023 WKSF World Championship Competition.

Lifts available for selection to the 2023 WKSF Australian Team are listed below. These must be obtained at a GSAA hosted competition.

## **Qualification Alternatives**

Athletes who achieve first (1<sup>st</sup>) place in the above lifts at the 2022 WKSF World Championships or 2022 IUKL World Championships in the Amateur, Veteran or Junior categories are automatically eligible to qualify for the 2023 WKSF World Championship Australian Team, provided they have competed in the GSAA qualification requirements for the calendar year mentioned above.

Furthermore, any athlete that places first (Australian National Championship / Gold Medal Winner) and last the full time limit of the lift (10, 12, 30 mins) at the 2022 GSAA National Championships for the aforementioned lifts, will also gain eligibility for the 2023 WKSF World Championship Australia Team under the “Henry Rule”.

## **Boys 14-15 y/o (2008-2009)**

All requirements are indicative of the 2022/23 GSAA Ranking Table – Boys 17 & Under

Weight	Lifts	Requirements
16kg	<ul style="list-style-type: none"><li>• Biathlon</li><li>• Long Cycle</li></ul>	<ul style="list-style-type: none"><li>• Rank 2 or above</li></ul>
16kg	<ul style="list-style-type: none"><li>• 30min One Arm Jerk</li><li>• 30min One Arm Long Cycle</li><li>• 30min Snatch</li></ul>	<ul style="list-style-type: none"><li>• Rank 2 or above</li></ul>

## **Girls 14-15 y/o (2008-2009)**

All requirements are indicative of the 2022/23 GSAA Ranking Table – Girls 17 & Under

Weight	Lifts	Requirements
12kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above</li> </ul>
12kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above</li> </ul>

## **Boys 16-18 y/o (2005-2007)**

All requirements are indicative of the 2022/23 GSAA Ranking Table – Boys 17 & Under

Weight	Lifts	Requirements
24kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above</li> </ul>
24kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above</li> </ul>

## **Girls 16-18 y/o (2005-2007)**

All requirements are indicative of the 2022/23 GSAA Ranking Table – Girls 17 & Under

Weight	Lifts	Requirements
16kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above</li> </ul>
16kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above</li> </ul>

## **Girls 16-18 y/o (2005-2007)**

All requirements are indicative of the 2022/23 GSAA Ranking Table – Girls 17 & Under

Weight	Lifts	Requirements
20kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above*</li> </ul>
20kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above*</li> </ul>

\*CMS or above is required after June 2022 and previous to the 2022 GSAA National Championships. Plus, the athlete must be the Absolute winner of their weight class at the GSAA National Championships.

## **Junior Men 19-22 y/o (2001-2004)**

All requirements are indicative of the 2022/23 GSAA Ranking Table – Boys 17 & Under

Weight	Lifts	Requirements
32kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above*</li> </ul>
32kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above*</li> </ul>

\*CMS or above is required after June 2022 and previous to the 2022 GSAA National Championships. Plus, the athlete must be the Absolute winner of their weight class at the GSAA National Championships.

## **Amateur Men**

All requirements are indicative of the 2022/23 GSAA Men's Open Ranking Table

Weight	Lifts	Requirements
24kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above</li> </ul>
24kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above</li> </ul>

## **Amateur Women**

All requirements are indicative of the 2022/23 GSAA Women's Open Ranking Table

Weight	Lifts	Requirements
16kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above</li> </ul>
16kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above</li> </ul>

## **Elite Men**

All requirements are indicative of the 2022/23 GSAA Men's Open Ranking Table

Weight	Lifts	Requirements
32kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above*</li> </ul>
32kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above*</li> </ul>

\*CMS or above is required prior to the 2022 GSAA National Championships. The two (2)

athletes from each WKSF weight with the highest overall reps at the 2022 GSAA Australian Nationals will be selected for the Australian Team.

## Elite Women

All requirements are indicative of the 2022/23 GSAA Women's Open Ranking Table

Weight	Lifts	Requirements
24kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above*</li> </ul>
20kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above**</li> </ul>

\*CMS or above is required prior to the 2022 GSAA National Championships. The two (2) athletes from each WKSF weight with the highest overall reps at the 2022 GSAA Australian Nationals will be selected for the Australian Team.

\*Rank 1 or above is required prior to the 2022 GSAA National Championships. The two (2) athletes from each WKSF weight with the highest overall reps at the 2022 GSAA Australian Nationals will be selected for the Australian Team.

## Veteran Men

All requirements are indicative of the 2022/23 GSAA Men's Open Ranking Table OR 2022/23 GSAA Veteran Men's Ranking Table.

Age Category	Weight	Lifts	Requirements
40-49	24kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>1</sup></li> </ul>
40-49	24kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>2</sup></li> </ul>

<sup>1</sup>GSAA Men's Open Ranking Table

<sup>2</sup>GSAA 30min Men's Open Ranking Table

<sup>3</sup>GSAA 50+ Men's Ranking Table

<sup>4</sup>GSAA 50+ 30min Men's Ranking Table

## **Veteran Men - Continued**

Age Category	Weight	Lifts	Requirements
<b>50-59</b>	24kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• MS<sup>3</sup></li> </ul>
<b>50-59</b>	24kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above<sup>4</sup></li> </ul>

Age Category	Weight	Lifts	Requirements
<b>60-74</b>	16kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>3</sup></li> </ul>
<b>60-69</b>	16kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 2 or above<sup>4</sup></li> </ul>
<b>70-74</b>	16kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 2 or above<sup>4</sup></li> </ul>
<b>75+</b>	12kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 2 or above<sup>3</sup></li> </ul>
<b>75+</b>	12kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 3 or above<sup>4</sup></li> </ul>

<sup>1</sup>GSAA Men's Open Ranking Table

<sup>2</sup>GSAA 30min Men's Open Ranking Table

<sup>3</sup>GSAA 50+ Men's Ranking Table

<sup>4</sup>GSAA 50+ 30min Men's Ranking Table

## **Veteran Women**

All requirements are indicative of the 2022/23 GSAA Women's Open Ranking Table OR 2022/23 GSAA Veteran Women's Ranking Table.

Age Category	Weight	Lifts	Requirements
<b>35-49</b>	16kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>1</sup></li> </ul>
<b>35-49</b>	16kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>2</sup></li> </ul>

Age Category	Weight	Lifts	Requirements
<b>50-54</b>	16kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above<sup>3</sup></li> </ul>
<b>50-54</b>	16kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• CMS or above<sup>4</sup></li> </ul>

Age Category	Weight	Lifts	Requirements
<b>55-64</b>	12kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>3</sup></li> </ul>
<b>55-64</b>	12kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 1 or above<sup>4</sup></li> </ul>

<sup>1</sup>GSAA Women's Open Ranking Table

<sup>2</sup>GSAA 30min Women's Open Ranking Table

<sup>3</sup>GSAA 50+ Women's Ranking Table

<sup>4</sup>GSAA 50+ 30min Women's Ranking Table

## **Veteran Women – Continued**

Age Category	Weight	Lifts	Requirements
<b>65+</b>	8kg	<ul style="list-style-type: none"> <li>• Biathlon</li> <li>• Long Cycle</li> <li>• Snatch</li> <li>• One Arm Long Cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 2 or above<sup>3</sup></li> </ul>
<b>65+</b>	8kg	<ul style="list-style-type: none"> <li>• 30min One Arm Jerk</li> <li>• 30min One Arm Long Cycle</li> <li>• 30min Snatch</li> </ul>	<ul style="list-style-type: none"> <li>• Rank 2 or above<sup>4</sup></li> </ul>

<sup>1</sup>GSAA Women's Open Ranking Table

<sup>2</sup>GSAA 30min Women's Open Ranking Table

<sup>3</sup>GSAA 50+ Women's Ranking Table

<sup>4</sup>GSAA 50+ 30min Women's Ranking Table