

**AUSTRALIAN WEIGHTLIFTING FEDERATION LTD.**

ABN 73 150 873 587
5 Kelly Road, Spring Creek, QLD 4343
AUSTRALIA
Mobile: 0411 424 328
E-mail: mkeelan@awf.com.au

Affiliated with
International Weightlifting Federation
Commonwealth Weightlifting Federation
Oceania Weightlifting Federation

Member of
Australian Olympic Committee
Australian Commonwealth
Games Association

Supported by the Australian Sports Commission

To: State Members, AWF Executive Board, HPPP Members
Cc: Personal Coaches, Independent Service Suppliers
From: Michael Keelan, CEO
Date: Thursday 14th January, 2016
SUBJECT: **2016-2018 Senior Team Qualifying Standards**

2010 – 2014 COMMONWEALTH GAMES AVERAGE MEDAL TOTALS

MEN	56	62	69	77	85	94	105	+105
	249	274	306	316	332	339	338	394
WOMEN	48	53	58	63	69	75	+75	
	169	184	199	205	223	230	262	

The above standards, which represent the average Commonwealth Games medal winning totals (gold, silver and bronze) were compiled by the AWF High Performance Program Panel and submitted to the AWF Board for its consideration.

The Board accepted that our future Senior Qualifying Totals for National team selection should reflect the Commonwealth Games Medal Standards. The standards provide our senior athletes with the performance targets they should be aspiring to in order that the ACGA Team wins five weightlifting medals during the 2018 Gold Coast Commonwealth Games.

The Board, before endorsing the final standards, requested to hear the views of the personal coaches who nurture the AWF's high performance athletes. To this end a teleconference was arranged for Wednesday 11th November, 2015.

Twelve personal coaches of our current high performance athletes were sent copies of the totals contained in the above table and were invited to submit comment prior to and during the teleconference.

The feedback received prior to the teleconference included a proposed set of smoothed standards, based on the Average Medal Totals. The vast majority of the ten personal coaches who participated in the teleconference voted in favour of the Sinclair smoothed totals, presented in the table overleaf.

PRINCIPAL PARTNER



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2016 – 2018 BOARD APPROVED SENIOR QUALIFYING STANDARDS

MEN	56	62	69	77	85	94	105	+105
	250	273	299	314	330	341	349	391
WOMEN	48	53	58	63	69	75	+75	
	169	183	197	206	221	230	252	

The above totals were endorsed by the Board at its meeting on 14th December, 2015 and have become the Senior Qualifying Standards that will be used to select senior representative teams contesting all international events, with the exception of the Rio Olympic Games, during the 2016-2018 period.

The Senior Standards are **not** minimum totals required for selection. As well as the Senior Standards, which will be used as bench-marks to compare athlete performances within and across bodyweight categories and genders, additional selection criteria will also be used. Such criteria may include: current form; performance profile over past two years; injury status; likelihood of gaining team points and previous results at international level; the examples given are by no means exhaustive.

Junior and Youth athletes will have to achieve at **minimum** 100 % of the publicised AWF A and B standards in order to be considered for selection in representative teams contesting regional and World events.

Michael Keelan
Chief Executive Officer

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