

2019 AWF EVENTS CALENDAR

Month	Date	Event	City	Nat/State	Qualifying Period	Entries Close	Minimum Standard	Athlete Whereabouts Information Period
Jan								
Feb								
March	8-15	World Youth Championships	Las Vegas	USA	2 June – 9 December 2018	Prelim: 7 Dec Final: 7 Feb	~~~ Grade F	7 December 2018 – 15 March 2019
	16-17	Australian Masters Championships	Darwin	NT	25 May 2018 – 20 January 2019	23 January 2019	Athletes must have lifted in at least one AWF sanctioned event during the period 25 May 2018 – 17 February 2019	
April	27-29	Arafura Games	Darwin	NT	25 August 2018 – 3 February 2019	6 February 2019	Men: Grade E Women: Grade F	27 February – 29 April 2019
May								
June	1-8	IWF World Junior Championships	Suva	FIJ	8 September 2018 – 3 March 2019	Prelim: 1 March Final: 30 April	~~~ Grade C	1 March – 8 June 2019
	13-17	OWF-CWF Masters Championships	Gold Coast	QLD	7 September 2018 – 17 March 2019	20 March 2019	***	
July	8-13	Pacific Games incorporating 2019 OWF & CWF Yth-Jnr-Snr Championships	Apia	SAM	14 October 2018 – 29 April 2019	Prelim: 30 April Final: 1 June	Senior: Grade B Junior: Grade D Youth: Grade G	8 May – 13 July 2019
August	16-17	AWF Junior & U/23 Championships	Sydney	NSW	7 September 2018 – 9 June 2019	14 June 2019	Under 23: Grade G Junior: Grade I	
	15-23	IWF World Masters Championships	Montreal	CAN	17 November 2018 – 30 April 2019		IWF-Masters MQS	

Month	Date	Event	City	Nat/State	Qualifying Period	Entries Close	Minimum Standard	Athlete Whereabouts Information Period
September	16-25	IWF World Championships	Pattaya	THA	8 December 2018 – 14 July 2019	Prelim: TBA Final: TBA	~~~ Grade A	16 June – 25 September 2019
	28-29	Australian U15/U17 Championships	Brisbane	QLD	8 December 2018 – 28 July 2019	2 August	U17: Grade K U15: None	
October	19-20	AWF Senior Championships	Canberra	ACT	1 January – 25 August 2019	30 August	Men: Grade E Women: Grade F	
November								
December	14	Pacific Cup	Mont Dore	NCL	16 March – 15 September 2019		TBD	

~~~ Athletes contesting IWF World Championships (Senior, Junior and/or Youth) must be registered in ADAMS and submitting Whereabouts **3 months before the commencement of the respective event.**

^^^ Athletes contesting other IWF events must be registered in ADAMS and submitting Whereabouts **2 months before the commencement of the respective event.**

\*\*\* Australian Masters entrants must have lifted in at least two (2) AWF sanctioned events during the period 7 September 2018 – 17 March 2019

## 2019 AWF Grading and Qualifying Standards

| <b>MEN</b>   | <b>EVENT MQS</b>                                             | <b>49</b> | <b>55</b> | <b>61</b> | <b>67</b> | <b>73</b> | <b>81</b> | <b>89</b> | <b>96</b> | <b>102</b> | <b>102+</b> | <b>109</b> | <b>109+</b> |
|--------------|--------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|-------------|------------|-------------|
| <b>Elite</b> |                                                              | ---       | 251       | 270       | 287       | 302       | 320       | 335       | 345       | 353        | ---         | 361        | 389         |
| <b>A</b>     | <b>World Senior Championships</b>                            | ---       | 238       | 257       | 273       | 287       | 304       | 318       | 328       | 336        | ---         | 343        | 369         |
| <b>B</b>     | <b>Pacific Games<br/>Oceania Senior Championships</b>        | ---       | 226       | 243       | 259       | 272       | 288       | 301       | 311       | 318        | ---         | 325        | 350         |
| <b>C</b>     | <b>World Junior Championships</b>                            | ---       | 213       | 230       | 244       | 257       | 272       | 286       | 294       | 300        | ---         | 307        | 330         |
| <b>D</b>     | <b>Oceania Junior Championships</b>                          | ---       | 200       | 216       | 230       | 242       | 256       | 268       | 276       | 283        | ---         | 289        | 311         |
| <b>E</b>     | <b>Arafura Games<br/>AWF Senior Championships</b>            | ---       | 188       | 203       | 216       | 227       | 240       | 251       | 259       | 265        | ---         | 271        | 292         |
| <b>F</b>     | <b>World Youth Championships</b>                             | 158       | 175       | 189       | 201       | 212       | 224       | 234       | 242       | 247        | 259         | 253        | 273         |
| <b>G</b>     | <b>Oceania Youth Championships<br/>AWF U23 Championships</b> | 146       | 163       | 176       | 187       | 197       | 208       | 218       | 225       | 230        | 241         | 235        | 253         |
| <b>H</b>     |                                                              | 135       | 150       | 162       | 172       | 181       | 192       | 201       | 207       | 212        | 222         | 217        | 234         |
| <b>I</b>     | <b>AWF Junior Championships</b>                              | 124       | 138       | 149       | 158       | 167       | 176       | 184       | 190       | 194        | 204         | 199        | 214         |
| <b>J</b>     |                                                              | 113       | 125       | 135       | 144       | 152       | 160       | 168       | 173       | 177        | 185         | 181        | 195         |
| <b>K</b>     | <b>AWF Youth Championships</b>                               | 101       | 113       | 122       | 130       | 136       | 144       | 150       | 155       | 159        | 167         | 162        | 175         |

| <b>WOMEN</b> | <b>EVENT MQS</b>                                                                | <b>40</b> | <b>45</b> | <b>49</b> | <b>55</b> | <b>59</b> | <b>64</b> | <b>71</b> | <b>76</b> | <b>81</b> | <b>81+</b> | <b>87</b> | <b>87+</b> |
|--------------|---------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|-----------|------------|
| <b>Elite</b> |                                                                                 | ---       | 160       | 172       | 189       | 199       | 209       | 222       | 229       | 236       | ---        | 242       | 257        |
| <b>A</b>     | <b>World Senior Championships</b>                                               | ---       | 152       | 164       | 180       | 189       | 199       | 211       | 218       | 224       | ---        | 230       | 244        |
| <b>B</b>     | <b>Pacific Games<br/>Oceania Senior Championships</b>                           | ---       | 144       | 155       | 170       | 179       | 188       | 200       | 206       | 212       | ---        | 218       | 231        |
| <b>C</b>     | <b>World Junior Championships</b>                                               | ---       | 136       | 147       | 161       | 169       | 178       | 189       | 195       | 200       | ---        | 206       | 218        |
| <b>D</b>     | <b>Oceania Junior Championships</b>                                             | ---       | 127       | 138       | 151       | 159       | 168       | 178       | 184       | 189       | ---        | 194       | 206        |
| <b>E</b>     |                                                                                 | ---       | 120       | 129       | 142       | 149       | 157       | 167       | 172       | 177       | ---        | 182       | 193        |
| <b>F</b>     | <b>World Youth Championships<br/>Arafura Games<br/>AWF Senior Championships</b> | 106       | 111       | 120       | 132       | 139       | 147       | 155       | 161       | 165       | 173        | 169       | 180        |
| <b>G</b>     | <b>Oceania Youth Championships<br/>AWF U23 Championships</b>                    | 99        | 104       | 112       | 123       | 129       | 136       | 145       | 149       | 153       | 160        | 158       | 167        |
| <b>H</b>     |                                                                                 | 91        | 95        | 103       | 113       | 119       | 126       | 133       | 138       | 142       | 148        | 145       | 154        |
| <b>I</b>     | <b>AWF Junior Championships</b>                                                 | 84        | 88        | 95        | 104       | 109       | 115       | 122       | 126       | 130       | 136        | 133       | 142        |
| <b>J</b>     |                                                                                 | 76        | 80        | 87        | 95        | 100       | 105       | 111       | 115       | 118       | 123        | 121       | 128        |
| <b>K</b>     | <b>AWF Youth Championships</b>                                                  | 68        | 72        | 77        | 85        | 89        | 94        | 100       | 103       | 106       | 111        | 109       | 115        |

## 2019 IWF Masters Minimum Qualifying Standards

### MEN

| Category<br>↓ | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80+ |
|---------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| <b>55</b>     | 170 | 161 | 149 | 137 | 123 | 111 | 98  | 86  | 73  | 60   |
| <b>61</b>     | 184 | 173 | 160 | 148 | 133 | 120 | 106 | 92  | 79  | 64   |
| <b>67</b>     | 195 | 184 | 171 | 157 | 141 | 127 | 113 | 98  | 84  | 68   |
| <b>73</b>     | 206 | 194 | 180 | 166 | 149 | 134 | 119 | 104 | 88  | 72   |
| <b>81</b>     | 218 | 205 | 190 | 175 | 157 | 142 | 125 | 109 | 93  | 76   |
| <b>89</b>     | 228 | 215 | 199 | 183 | 165 | 148 | 131 | 114 | 97  | 80   |
| <b>96</b>     | 235 | 222 | 205 | 189 | 170 | 153 | 135 | 118 | 100 | 82   |
| <b>102</b>    | 240 | 227 | 210 | 193 | 174 | 156 | 139 | 121 | 103 | 84   |
| <b>109</b>    | 246 | 232 | 215 | 198 | 178 | 160 | 142 | 124 | 105 | 86   |
| <b>109+</b>   | 250 | 236 | 219 | 201 | 181 | 163 | 144 | 126 | 107 | 87   |

### WOMEN

| Category<br>↓ | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 |
|---------------|-----|-----|-----|-----|-----|-----|-----|-----|
| <b>45</b>     | 93  | 88  | 78  | 71  | 62  | 55  | 48  | 42  |
| <b>49</b>     | 99  | 94  | 83  | 76  | 67  | 59  | 52  | 45  |
| <b>55</b>     | 108 | 102 | 91  | 82  | 73  | 65  | 56  | 49  |
| <b>59</b>     | 114 | 107 | 95  | 86  | 76  | 68  | 59  | 51  |
| <b>64</b>     | 119 | 113 | 100 | 91  | 80  | 71  | 62  | 54  |
| <b>71</b>     | 127 | 119 | 106 | 96  | 85  | 76  | 66  | 57  |
| <b>76</b>     | 131 | 124 | 110 | 100 | 88  | 78  | 68  | 59  |
| <b>81</b>     | 135 | 127 | 113 | 102 | 91  | 80  | 70  | 61  |
| <b>87</b>     | 139 | 131 | 116 | 106 | 94  | 83  | 72  | 62  |
| <b>87+</b>    | 147 | 139 | 123 | 112 | 99  | 88  | 76  | 66  |