



European Masters Championship 2026 qualifying totals [kg]

Qualification Period 2 May 2025 – 15 April 2026

MEN

	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
60	165	156	145	138	126	109	99	86	72	57	46
65	178	168	156	144	134	117	105	91	77	62	47
71	189	179	164	153	141	125	110	98	83	65	50
79	200	188	170	160	144	129	113	100	86	70	51
88	211	198	182	168	153	134	118	105	91	73	52
94	217	205	189	174	158	140	123	109	93	75	53
110	228	216	200	185	167	149	130	114	96	79	56
110+	233	221	205	190	171	153	132	116	96	79	56

Minimum weight on the bar - 26kg (For M70-M85+ - 15kg)

WOMEN

	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
48	92	86	77	67	58	51	44	34	30	30	30
53	101	95	84	74	61	53	48	36	30	30	30
58	106	100	89	79	66	57	50	40	32	30	30
63	111	104	92	82	69	59	52	41	32	30	30
69	115	108	95	86	73	61	54	45	33	30	30
77	120	113	100	90	76	66	58	47	34	30	30
86	124	118	104	95	80	68	59	49	35	30	30
86+	132	127	112	97	85	71	62	50	36	30	30

Minimum weight on the bar - 21kg (For W70-W85+ - 15kg)