

2022 Pan American Masters Qualifying Totals

Men

Category	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85
55	161	152	138	130	110	101	87	74	64	54	41
61	175	165	150	140	119	109	94	80	70	58	44
67	186	176	160	150	127	116	101	86	74	62	47
73	197	185	169	158	134	123	106	91	79	66	49
81	209	197	179	167	142	130	113	96	83	69	52
89	219	206	187	176	149	136	118	101	87	73	55
96	226	213	194	181	154	141	122	104	90	75	57
102	231	218	198	186	158	144	125	107	92	77	58
109	237	223	203	190	161	148	128	109	95	79	60
+109	244	230	209	196	166	152	132	112	97	81	61

Women

Category	W35	W40	W45	W50	W55	W60	W65	W70	W75
45	87	82	72	68	56	51	43	42	33
49	94	88	78	73	61	55	46	42	36
55	103	97	86	80	66	61	51	45	39
59	108	102	90	85	70	64	54	48	41
64	114	108	96	90	74	68	57	51	44
71	122	115	102	95	79	72	61	54	47
76	127	119	106	99	82	75	63	56	48
81	131	123	109	102	85	77	65	58	50
87	135	127	113	106	87	80	67	60	52
+87	145	137	121	114	94	86	72	64	53

At the 2021 Pan American Masters Men Weightlifting Championship, no one will be allowed to start in the competition unless his first attempt Snatch plus his first attempt Clean and Jerk equals or is greater than a total which is 80% of the Qualifying Standard. Qualifying events for this year are amended due to COVID-19. All local, online and National (International) events will count as qualifier within the qualifying period of March 1, 2020 to July 1, 2021.