

# ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION

## 2020 STATE CHAMPIONSHIP

### QUALIFYING TOTALS

**STATE CHAMPIONSHIP ELIGIBILITY (VARSITY)** - To be eligible to compete in the AZHSWA State Championship VARSITY Division, athletes must qualify by meeting the following criteria:

1. Rank in the Top (12) in their weight class, based on results from AZHSWA State Qualifying meets; AND
2. Achieve the following State Qualifying Total (QT) or higher, at any AZHSWA State Qualifying Meet:

HIGH SCHOOL GIRLS		FOR REFERENCE		
Weight Class (kg)	AZHSWA State Championship QT (kg)	USAW Age 14-15 Youth Nationals QT (kg)	USAW Age 16-17 Youth Nationals QT (kg)	USAW Age 15-20 Junior Nationals QT (kg)
*40 (88 lb)	45	55	62	-
45 (99lb)	50	61	69	85
49 (108 lb)	60	70	78	100
55 (121 lb)	70	79	91	117
59 (130 lb)	75	85	101	132
64 (141 lb)	80	90	112	138
71 (157 lb)	83	95	115	143
76 (168 lb)	86	97	117	147
81/76+ (179 lb)	88	98	120	150
87/81+ (192 lb)	90	-	122	152
87+ (192 lb+)	93	-	-	160

*\*NOTE: For Athletes 17 & Under, the Girls 40kg Class will have its own Qualifying Total for State Qualification. However, the 40kg lifters will compete with the 45kg Weight Class at the State Championship Tournament.*

HIGH SCHOOL BOYS		FOR REFERENCE		
Weight Class (kg)	AZHSWA State Championship QT (kg)	USAW Age 14-15 Youth Nationals QT (kg)	USAW Age 16-17 Youth Nationals QT (kg)	USAW Age 15-20 Junior Nationals QT (kg)
*49 (108 lb)	70	93	103	-
55 (121 lb)	85	109	115	135
61 (135 lb)	100	122	135	165
67 (148 lb)	110	133	150	183
73 (161 lb)	120	141	165	195
81 (179 lb)	125	148	179	207
89 (196 lb)	130	156	190	217
96/89+ (212 lb)	135	159	192	222
102 (225 lb)	140	-	194	227
109/102+ (240 lb)	145	-	198	230
109+ (240 lb+)	150	-	-	232

*\*NOTE: For Athletes 17 & Under, the Boys 49kg Class will have its own Qualifying Total for State Qualification. However, the 49kg lifters will compete with the 55kg Weight Class at the State Championship Tournament.*

NOTE: State Qualifying Totals will be discussed at the AZHSWA meeting at the beginning and end of each Weightlifting Season, and are subject to revision. The goal is to hold a competitive State Championship, while trying to include as many athletes as possible. Input and ideas from Coaches are welcomed and will be considered each time Qualifying Totals are reviewed.