

ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION

2018 STATE CHAMPIONSHIP

QUALIFYING TOTALS

STATE CHAMPIONSHIP ELIGIBILITY (VARSITY) - To be eligible to compete in the AZHSWA State Championship VARSITY Division, athletes must qualify through one of the following methods:

1. Be Ranked in the Top (3) in their weight class, based on results from AZHSWA State Qualifying meets; OR
2. Achieve the following State Qualifying Total (QT) or higher, at any AZHSWA State Qualifying Meet:

HIGH SCHOOL GIRLS		FOR REFERENCE & "TEAM ARIZONA" QUALIFICATION		
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 14-20 Junior Nationals QT (kg)
*44	50	60	68	-
48	60	69	76	98
53	65	79	88	116
58	70	83	99	130
63	75	89	110	135
69	80	93	113	141
75/69+	85	96	115	144
90/75+	90	-	119	152
90+	93	-	-	160

**NOTE: For Athletes 17 & Under, the Girls 44kg Class will have its own Qualifying Total for State Qualification. However, the 44kg lifters will compete with the 48kg Weight Class at the State Championship Tournament.*

HIGH SCHOOL BOYS		FOR REFERENCE & "TEAM ARIZONA" QUALIFICATION		
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 14-20 Junior Nationals QT (kg)
*44	70	80	-	-
*50	85	95	105	-
56	95	111	117	138
62	110	126	141	173
69	120	137	157	190
77	130	147	177	203
85	135	154	185	215
94/85+	140	159	190	220
105/94+	145	-	195	225
105+	150	-	200	232

**NOTE: For Athletes 17 & Under, the Boys 44kg & 50kg Class will have its own Qualifying Total for State Qualification. However, the 44kg & 50kg lifters will compete with the 56kg Weight Class at the State Championship Tournament.*

TEAM ARIZONA – To be Selected to “Team Arizona” for National Events, Athletes must meet USAW QTs

State Qualifying Totals will be discussed at the AZHSWA meetings 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.