

# ARIZONA HIGH SCHOOL WEIGHTLIFTING ASSOCIATION

## 2017 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	70	79	88	116
58	75	86	99	130
63	80	92	110	135
69	85	97	115	141
75/69+	90	101	118	144
90/75+	93	-	125	152
90+	95	-	-	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	161	190
77	130	147	185	203
85	140	154	188	215
94/85+	145	159	192	220
105/94+	150	-	198	225
105+	155	-	201	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.