



Path to the Podium
Step-by-Step
Guide to the Selection System
2018-2020

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Note: 2018 Youth Olympic Games, 2019 Pan American Games and 2020 Olympic Games selection procedures will be published separately as Games events require USOC approval and ownership

The USA Weightlifting Board of Directors approved this Step-by-Step guide in December 2017 for use in 2018 with the understanding that adjustments could be necessary if changes are made to IWF and Olympic qualifications. This version replaces the most recent guide from November 21, 2016.

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Purpose:

The purpose of this document is to provide athletes, coaches, and officials a step-by-step outline of qualifications to become a member of USA Weightlifting's International Squad: Team USA.

Philosophy on Team USA selection:

USA Weightlifting has been given the responsibility by the United States Olympic Committee to govern the sport of Weightlifting in the United States of America. One of USAW's duties is to put forth international teams to represent the USA.

Although Weightlifting can easily be thought of as an individual sport, our Olympic participation (or Olympic slots) is determined by team success at certain competitions. Therefore, we will select our teams using individuals that give us the best opportunity to place high and score points for team success.

We expect the individuals selected to perform in a manner that optimizes Team USA scoring over individual goals or individual success.

Step 1: Minimum Qualifications

To be considered for an international team you must meet the following minimum requirements:

You must be a citizen of the United States of America.

Athletes must be citizens of the United States to be eligible to compete for Team USA. If dual citizenship is held, your sport nationality must be registered as the United States with the IWF or other applicable body.

You must have a valid United States of America passport

An athlete must possess a USA passport with an expiration date of a minimum of 6 months after the end of the competition, or the entry requirement of the host nation, whichever is the greater.

You must have been in the United States Anti-Doping (USADA) Random Testing Pool (RTP) for 6 months.

If you have not made yourself available for USADA's RTP, please do so immediately. USA Weightlifting has taken a stand for a doping free sport and we require all our international athletes to have been available for testing for minimum of 6 months prior to competing in any international competition. (*RTP details can be found in **Appendix C***).

You must be the correct age for the competition

The IWF recognizes four (4) age groups:

- Youth 13-17 years of age
- Junior 15-20 years of age
- Senior 15+ years of age
- Masters 35+ years of age

All groups are calculated based on a participant's age on December 31 of the year the competition takes place.

You must also comply with all requirements of the applicable governing body.

Note: USA Weightlifting Masters Committee guide selections for Masters will apply.

For Olympic Games and Youth Olympic Games, the relevant International Olympic Committee and International Weightlifting Federation Rules will apply.

For International University Sports Federation (FISU) governed events, the relevant FISU Rules will apply.

Background check requirement

All athletes must complete, upon selection to an International Squad, a USA Weightlifting background check via the USA Weightlifting membership system.

In the event of a red light background check (generally a felony), the athlete will be called for a hearing before the USA Weightlifting Selection Committee to address issues the criminal offence may have on their participation.

The selection committee, voting unanimously, has the right to remove an athlete from a team in the event of a red light background check if the committee in its unanimous opinion believes that selection may put at risk the health, physical or mental, of a member of the delegation or if there is a risk of a sexual offence.

The committee may take professional advice from, but not exclusive to, the USA Weightlifting CEO, USA Weightlifting Outside Counsel, USOC Athlete Ombudsman and/or US Center for SafeSport in reaching its conclusion.

Other Requirements

Athletes must be current members of USA Weightlifting and in good standing to compete.

Step 2: Make a total for qualifying competitions

Each international competition has designated *qualifying competition* and specific *qualification periods* to be used to determine qualification. Please

check **Appendix A** or www.usaweightlifting.org for that specific information.

Each *qualifying competition* has a *qualifying total* that must be obtained in a USAW sanctioned event for an athlete to be eligible to compete. The certified official results must be on file with USAW. If you have met the *qualifying total* for the *qualifying competition* and meet all eligibility requirements, then you may enter and compete. (Please see www.usaweightlifting.org for up-to-date *qualifying totals* for competitions).

If a previously unidentified IWF sanctioned event arises (i.e. IWF Grand Prix) or the date of a specified competition changes to take place during the *qualification period*, USAW may consider those verified results for making an International Squad if approved by the Team Selection Committee. If the event takes place during the *qualification period* for the specified international competition for the age group concerned, then the results will be considered.

Note: For selection to IWF Grand Prix events, or other ad-hoc events, selection will be based on Team Selection Committee discretion based upon expressions of interest in that event. Priority will be given to previously ranked athletes who have not yet competed in that qualifying period. A minimum standard of 25th place at the World Championships (10th place for Youth or Junior age groups) is required.

Step 3: Making a total of consequence

USAW uses a “place and score projection” to determine Team USA’s best chance to compete for *team points* in any given international competition. This is done by averaging results from the previous two years (or the most recent “point scoring” IWF Worlds) to set a relative event result. This standard is used to determine where the qualifying totals stack up against the relative projection for that international competition. (Please see **Appendix B** for the appropriate Place and Score Chart).

The following example (Figure 1) shows an aggregate *place and score projection* for a given competition.

This sample competition allows Team USA to enter 8 men and have 2 identified alternates. We are only allowed to enter a maximum of 2 athletes per weight category.

The chart shows the totals recorded from the *qualifying events* during the *qualifying period*. USAW *may* select up to 12 athletes (per gender) to join the International Squad. The athletes highlighted in green and red in this case could receive an invitation to join the International Squad based on their ability to place and score for Team USA.

48K		53K		58K		63K		69K		75K		80K		90K+	
1	196	1	226	1	243	1	255	1	264	1	280	1	287	1	340
2	191	2	219	2	238	2	250	2	259	2	278	2	285	2	322
3	191	3	213	3	234	3	245	3	257	3	276	3	281	3	296
4	187	4	209	4	226	4	244	4	252	4	262	4	269	4	290
5	183	5	202	5	222	5	244	5	240	5	253	5	260	5	283
6	181	6	201	6	217	6	242	6	238	6	245	6	252	6	270
7	180	7	200	7	211	7	239	7	237	7	241	7	248	7	266
8	179	8	197	8	209	8	234	8	231	8	241	8	248	8	260
9	177	9	194	9	209	9	230	9	232	9	238	9	245	9	258
10	177	10	192	10	208	10	228	10	230	10	232	10	239	10	256
11	176	11	190	11	205	11	224	11	228	11	229	11	236	11	255
12	175	12	188	12	204	12	222	12	226	12	226	12	236	12	254
13	174	13	185	13	202	13	219	13	225	13	222	13	229	13	254
14	173	14	186	14	200	14	213	14	222	14	221	14	228	14	252
15	171	15	184	15	198	15	209	15	221	15	221	15	228	15	251
16	171	16	184	16	196	16	208	16	219	16	217	16	224	16	250
17	169	17	183	17	195	17	207	17	218	17	216	17	223	17	246
18	168	18	181	18	195	18	206	18	212	18	216	18	223	18	245
19	167	19	181	19	195	19	203	19	211	19	213	19	219	19	243

Figure 1

A current aggregate Place and Score Chart with athlete totals will be posted on our website following the appropriate *qualifying events* so that athletes, coaches, and officials can see the same chart used by USAW.

Where two athletes are tied, the tie breaker to establish an initial ranking is % of the athlete’s rank to the total of the placement above. Where two athletes are tied, those tying may be invited into the international team squad as discussed below.

In the event two people have the same total in competition, the Team Selection Committee *may* break the tie by considering the athlete who made the total first as competition rules dictate.

Step 4: Receiving an invite to the International Squad

Typically, eight (8) men plus up to four (4) reserves and eight (8) women plus up to four (4) reserves will be invited to join the initial International Squad, provided anyone invited must accept the invitation under the terms and conditions set forth in the invitation. Further, an athlete’s position on the International Squad is subject to replacement due to (i) injury, (ii) illness, (iii) lack of readiness prior to the competition or (iv) opportunity. Each of these elements is discussed in detail below. Finally, as discussed below, the final International Team will consist of eight (8) men and two (2) reserves and eight (8) women and two (2) reserves.

Note: If an individual qualifies for more than one international competition in a three-month period, USA Weightlifting reserves the right to decline inviting the athlete to discourage over-training.

Step 5: Completing a Competition Readiness Plan

A Competition Readiness Plan will be agreed upon by the Associate Executive Director, Sport, Assistant Technical Director, the Technical Director—National Teams, the personal coach and the athlete for the interim period prior to the international competition. The Competition Readiness Plan will include the training plan and readiness markers for competition.

Step 6: Final International Team Selection

Four (4) weeks (or when the organizing committee requires final entries, whichever is the closer to competition) prior to the competition the team members and reserves will be determined by the Team Selection Committee for the international competition, with recommendation from the Technical Director, National Teams.

The eight (8) athletes who lift in the competition will be determined by the Technical Director, National Teams on site at the competition Verification of Final Entries meeting in consultation with the Assistant Technical Director, National Teams and Associate Executive Director, Sport based upon team needs, ability to place and onsite training.

In some cases, a pre-competition training camp may be planned. Team selection will be reviewed by the Team Selection Committee based on performance in the training camp if the athlete attends. The Team Selection Committee will be consulted for final team selections and may make changes to the final team selection to maximize the potential for team success.

Personal coaches are **always** welcome and are encouraged to travel with their athletes to the competition (this may be at the coaches own expense), provided they meet the necessary deadlines and requirements to join the delegation and obtain proper credentials. Warm-up room access will be determined by the assigned head coach and/or the Technical Director, National Teams. (For more information, please refer to USA Weightlifting Coach Selection document link).

Step 7: Competition

In preparation for a competition, the Technical Director, National Teams and coaching staff (including the personal coach) will discuss the appropriate lift attempts to maximize scoring for Team USA.

Team Selection Committee- The Team Selection Committee will be chaired by the Technical Director, National Teams. It will have four additional members:

- (i) An athlete representative who has represented the United States in Weightlifting in the last 10 years at the Pan Am Games, the Olympic Games, or the IWF World Championships, and who is selected by the USA

Weightlifting Nominating & Governance Committee. To avoid the potential for a conflict of interest, it is strongly encouraged that the athlete representative to the Team Selection Committee be a retired athlete

- (ii) Coach, appointed by the Coaching Committee
- (iii) The Associate Executive Director, Sport
- (iv) The elected USOC Athlete Advisory Council (AAC) representative, or in the event of a conflict of interest (the AAC Representative has a material interest in an athlete being selected), the alternate AAC Representative.

The role of the Team Selection Committee is to select the top ten (10) men and top ten (10) women for a competition based on their ability to place and score. Two (2) reserves will be selected for the men's team as well as the women's team. The criteria for the reserves is the same as team members. The committee will determine if the reserves will travel based on injury, illness, readiness of team members or opportunity. The default selection will be the top eight (8) by place and score. The Team Selection Committee is required to give a detailed written explanation of their rationale for any substitutions outside of the place and score selections.

Provisions for substitutions:

Injury: An athlete may be replaced if a physician appointed by the Team Selection Committee determines that he/she is unable to perform to his or her full potential, placing the team in a compromising position in terms of scoring or if competing risks injury complication. Refusal to be examined by the appointed doctor can also be grounds for replacement on the team.

Illness: An athlete may be replaced if the physician appointed by the Team Selection Committee determines that he/she is unable to perform to his or her full potential due to an illness. Refusal to be examined by the appointed physician can also be grounds for replacement on the team.

Lack of Readiness: An athlete may be replaced if he/she has not satisfied the terms and conditions of his or her Competition Readiness Plan, such that the Team Selection Committee determines that another athlete is better prepared to help Team USA place high and score points.

Opportunity: An athlete may be replaced if circumstances change due to new or revised information such that the Team Selection Committee determines that another athlete is more likely to help Team USA to place high and score points. For example, the entry list for an event may change the Team Selection Committee's calculations of which athletes are more likely to score points, and the Team Selection Committee may replace an athlete based on this new information.

Funding- Some of the International Teams are funded by USAW while others are self-funded. Please check Appendix A to see funding specifications.

Reasons for Removal- USAW reserves the right to remove any athlete that violates the Code of Conduct Policy, USAW Code of Ethics, SafeSport, or who commits a violation of the applicable anti-doping rules.

Choice- An athlete has the choice to accept the invitation to join the International Squad or decline.

Outlined are the general strategies for the 2018 International Competition Season. The Sport Performance Team will be reviewing our strategies on a constant basis. The goal to place and score for Team USA will remain the same but the means to assess and achieve may change. USAW further reserves the right to change these rules if the IWF or IOC changes any applicable rules. USAW will notify athletes and coaches promptly of any such changes.

Appendix A: International Team Qualification Events and Periods

Qualifying for:	Qualification Period		Qualification Events	Date
2018 Pan Am Team Santo Domingo, DOM May 12-19, 2018 (Funded)	Nov 2017	Mar 2018	IWF World Championships American Open Series Final Junior National Championships American Open Series I	Nov 28-Dec 5, 2017 Dec 7-10, 2017 Feb 15-18, 2018 March 1-4, 2018
2018 IWF World Team Ashgabat, TKM Nov 2018 (Funded)	May 2018	Sep 2018	National Championships Pan American Championships American Open Series II American Open Series III	May 24-27, 2018 May 12-19, 2018 July 26-29, 2018 Sept 13-16, 2018
Qualifying for:	Qualification Period		Qualification Events	Date
2018 FISU World Uni Champ Biala Podlaska, POL Sep 20-23, 2018 (Self-Funded)	Apr 2018		National University/U25 ONLY	April 19-22, 2018
Qualifying for:	Qualification Period		Qualification Events	Date
2018 Junior Pan Am Team San Juan, PUR (TBD) Sept, 2018 (Funded)	Feb 2018	Jul 2018	Junior National Championships American Open Series I National University/U25 National Championship IWF Junior World Championship American Open Series II	Feb 15-18, 2018 March 2-5, 2018 April 19-22, 2018 May 24-27, 2018 July 6-14, 2018 July 26-29, 2018
2018 Junior World Team Tashkent, UZB July 6-14, 2018 (Funded)	Sep 2017	Feb 2018	American Open Series III Pan American Youth Championship IWF World Championship American Open Series Final Junior National Championships	Sept 8-10, 2017 Oct 28-Nov 4 2017 Nov 28-Dec 5, 2017 Dec 7-10, 2017 Feb 15-18, 2018
Qualifying for:	Qualification Period		Qualification Events	Date
2018 Youth Olympic Games Buenos Aires, ARG Oct 6-18, 2018 (Funded)	Separate Doc	Separate Doc	Separate USOC Document	Separate USOC Document
2018 Youth Pan Ams Palmira, COL June 3-10, 2018 (Funded)	Dec 2017	Feb 2018	American Open Final Junior Nationals	Dec 7-10, 2017 Feb 15-18, 2018

Appendix B: Senior Women

48Kg		53Kg		58Kg		63Kg		69Kg		75Kg		90Kg		+90Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	179	1	197	1	218	1	226	1	244	1	243	1	253	1	270
2	177	2	194	2	214	2	221	2	236	2	237	2	252	2	259
3	170	3	188	3	212	3	217	3	230	3	231	3	243	3	251
4	169	4	187	4	212	4	212	4	220	4	230	4	241	4	230
5	163	5	185	5	205	5	207	5	210	5	224	5	238	5	228
6	161	6	180	6	202	6	206	6	205	6	215	6	221	6	200
7	158	7	177	7	198	7	195	7	201	7	205	7	206	7	176
8	155	8	173	8	194	8	189	8	193	8	201	8	203	8	269
9	149	9	171	9	187	9	185	9	187	9	195	9	186	9	158
10	141	10	165	10	179	10	182	10	185	10	188				
11	124	11	160	11	166	11	178	11	179	11	176				
12	103	12	153	12	164	12	166	12	169	12	154				
		13	150	13	162	13	159	13	143						
		14	147	14	160	14	136								
		15	144	15	158										
		16	131	16	155										
		17		17	152										
		18		18	134										
		19		19	121										

Women Senior Pan Am Projection Ranking (2016, 2017 Avg.)

*90Kg numbers are actual results from 2017 competition.

48Kg		53Kg		58Kg		63Kg		69Kg		75Kg		90Kg		+90Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	196	1	226	1	243	1	255	1	264	1	280	1	287	1	340
2	191	2	219	2	238	2	250	2	259	2	278	2	285	2	322
3	191	3	213	3	234	3	245	3	257	3	276	3	281	3	296
4	187	4	209	4	226	4	244	4	252	4	262	4	269	4	290
5	183	5	202	5	222	5	244	5	240	5	253	5	260	5	283
6	181	6	201	6	217	6	242	6	238	6	245	6	252	6	270
7	180	7	200	7	211	7	239	7	237	7	241	7	248	7	266
8	179	8	197	8	209	8	234	8	233	8	241	8	248	8	260
9	177	9	194	9	209	9	230	9	232	9	238	9	245	9	258
10	177	10	192	10	208	10	228	10	230	10	232	10	239	10	256
11	176	11	190	11	205	11	224	11	228	11	229	11	236	11	255
12	175	12	188	12	204	12	222	12	226	12	226	12	236	12	254
13	174	13	188	13	202	13	219	13	225	13	222	13	229	13	254
14	173	14	186	14	200	14	213	14	222	14	221	14	228	14	252
15	171	15	184	15	198	15	209	15	221	15	221	15	228	15	251
16	171	16	184	16	196	16	208	16	219	16	217	16	224	16	250
17	169	17	183	17	195	17	207	17	218	17	216	17	223	17	246
18	168	18	181	18	195	18	206	18	212	18	216	18	223	18	245
19	167	19	181	19	195	19	203	19	211	19	213	19	219	19	243
20	165	20	180	20	194	20	202	20	209	20	211	20	218	20	239
21	163	21	179	21	193	21	201	21	209	21	208	21	215	21	237
22	163	22	178	22	190	22	200	22	204	22	205	22	212	22	232
23	161	23	177	23	189	23	199	23	203	23	204	23	211	23	227
24	161	24	175	24	187	24	197	24	199	24	202	24	209	24	217
25	159	25	174	25	184	25	196	25	198	25	194	25	203	25	215

Women Senior World Projection Ranking (2014, 2015 Avg.)

*90Kg numbers determined by using interpolation from average numbers.

**2016 numbers are not used because it was a non-point scoring World Championships.

Appendix B: Senior Men

56Kg		62Kg		69Kg		77Kg		85Kg		94Kg		105Kg		+105Kg		
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	
1	269	1	294	1	331	1	350	1	352	1	365	1	384	1	397	
2	265	2	278	2	319	2	337	2	349	2	360	2	374	2	389	
3	252	3	272	3	301	3	331	3	345	3	349	3	373	3	373	
4	248	4	269	4	291	4	326	4	343	4	342	4	360	4	369	
5	236	5	266	5	288	5	320	5	340	5	338	5	356	5	362	
6	233	6	263	6	276	6	312	6	338	6	334	6	355	6	359	
7	227	7	261	7	274	7	309	7	328	7	331	7	348	7	352	
8	226	8	251	8	272	8	304	8	327	8	321	8	346	8	342	
9	223	9	249	9	266	9	300	9	298	9	318	9	341	9	328	
10	217			10	259	10	293	10	294	10	306	10	336	10	293	
							11	290	11	294	11	301	11	284	11	291
							12	287			12	292				
							13	281			13	286				
							14	280			14	263				
							15	266								
							16	247								

Men's Senior Pan Am Ranking (2016, 2017 Avg.)

56Kg		62Kg		69Kg		77Kg		85Kg		94Kg		105Kg		+105Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	299	1	329	1	353	1	369	1	391	1	406	1	426	1	458
2	299	2	315	2	339	2	363	2	388	2	399	2	421	2	447
3	290	3	313	3	338	3	357	3	382	3	392	3	416	3	436
4	286	4	307	4	337	4	353	4	374	4	386	4	407	4	433
5	274	5	300	5	326	5	349	5	372	5	384	5	400	5	430
6	269	6	295	6	325	6	344	6	369	6	380	6	397	6	427
7	269	7	292	7	322	7	341	7	366	7	378	7	396	7	427
8	264	8	285	8	320	8	340	8	363	8	377	8	395	8	424
9	263	9	283	9	319	9	339	9	362	9	375	9	394	9	424
10	263	10	282	10	318	10	338	10	358	10	371	10	391	10	418
11	261	11	279	11	315	11	335	11	355	11	369	11	383	11	414
12	259	12	279	12	314	12	334	12	353	12	368	12	383	12	410
13	257	13	278	13	313	13	333	13	351	13	368	13	380	13	408
14	253	14	277	14	312	14	333	14	349	14	360	14	377	14	405
15	249	15	277	15	311	15	333	15	347	15	359	15	376	15	402
16	249	16	275	16	310	16	331	16	345	16	356	16	376	16	398
17	248	17	275	17	307	17	330	17	341	17	355	17	373	17	396
18	247	18	272	18	306	18	329	18	340	18	347	18	369	18	392
19	247	19	271	19	304	19	328	19	336	19	347	19	368	19	388
20	246	20	270	20	304	20	325	20	336	20	346	20	367	20	386
21	243	21	270	21	301	21	324	21	335	21	344	21	364	21	383
22	243	22	268	22	300	22	323	22	334	22	341	22	364	22	375
23	241	23	266	23	299	23	322	23	333	23	337	23	359	23	373
24	236	24	264	24	296	24	320	24	332	24	334	24	358	24	366
25	236	25	264	25	295	25	319	25	331	25	329	25	356	25	355

Men Senior World Ranking (2014, 2015 Avg.)

**2016 numbers are not used because it was a non-point scoring World Championships.

Appendix B: University Worlds

48Kg		53Kg		58Kg		63Kg		69Kg		75Kg		90Kg		+90Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	167	1	198	1	223	1	225	1	224	1	235	1	242	1	274
2	156	2	188	2	195	2	214	2	209	2	228	2	235	2	263
3	156	3	176	3	193	3	205	3	203	3	210	3	217	3	229
4	151	4	168	4	193	4	200	4	203	4	201	4	208	4	223
		5	165	5	191	5	195	5	198					5	208
		6	162	6	185	6	194	6	193					6	195
				7	182	7	191	7	191						
				8	178	8	180								
				9	174	9	167								
				10	170	10	138								
				11	167										
				12	160										
				13	133										

University Worlds Ranking: Women (2014, 2016) Avg

*90Kg numbers determined by using interpolation of average numbers

56Kg		62Kg		69Kg		77Kg		85Kg		94Kg		105Kg		+105Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	249	1	288	1	316	1	345	1	328	1	361	1	356	1	392
2	235	2	274	2	313	2	316	2	320	2	347	2	353	2	385
3	232	3	263	3	307	3	308	3	309	3	332	3	337	3	372
4	213	4	251	4	292	4	302	4	302	4	322	4	318	4	353
5	213	5	234	5	278	5	295	5	297	5	307			5	343
				6	276	6	290	6	289	6	300			6	337
				7	270	7	281	7	284	7	290			7	263
				8	250			8	256						

University Worlds Ranking: Men (2014, 2016) Avg

Appendix B: Junior Women

48Kg		53Kg		58Kg		63Kg		69Kg		75Kg		90Kg		+90Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	169	1	179	1	196	1	209	1	211	1	228	1	217	1	236
2	162	2	177	2	188	2	187	2	196	2	210	2	200	2	217
3	154	3	172	3	183	3	182	3	181	3	205	3	199	3	199
4	150	4	162	4	177	4	179			4	204	4	195	4	194
5	144	5	157	5	168	5	157								
6	134	6	146			6	131								
7	110														

Women Junior Pan Am Ranking (2016, 2017 Avg.)

*90Kg numbers are actual results from 2017 competition.

48Kg		53Kg		58Kg		63Kg		69Kg		75Kg		90Kg		+90Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	187	1	202	1	218	1	240	1	230	1	248	1	240	1	273
2	184	2	195	2	215	2	226	2	222	2	242	2	229	2	256
3	175	3	191	3	210	3	209	3	221	3	234	3	227	3	241
4	168	4	190	4	199	4	208	4	218	4	221	4	222	4	235
5	168	5	177	5	196	5	205	5	213	5	215	5	219	5	234
6	163	6	175	6	194	6	202	6	209	6	209	6	201	6	223
7	162	7	166	7	194	7	195	7	205	7	209	7	196	7	211
8	159	8	166	8	191	8	189	8	202	8	208	8	196	8	206
9	155	9	164	9	190	9	185	9	200	9	202			9	198
10	146	10	162	10	188	10	183	10	194	10	189			10	180
11	141	11	161	11	185	11	180	11	190	11	187				
12	138	12	161	12	183			12	174						
13	132	13	158	13	180										
		14	155	14	176										
		15	152	15	169										
		16	130	16	158										

Women Junior World Projection Ranking (2016, 2017 Avg.)

*90Kg numbers are actual results from 2017 competition.

Appendix B: Junior Men

56Kg		62Kg		69Kg		77Kg		85Kg		94Kg		105Kg		+105Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	238	1	269	1	301	1	338	1	339	1	348	1	333	1	334
2	237	2	260	2	284	2	304	2	333	2	329	2	326	2	311
3	228	3	249	3	281	3	294	3	308	3	306	3	315	3	290
4	226	4	245	4	266	4	286	4	305	4	267			4	288
5	223	5	229	5	258	5	273	5	290	5	255				
		6	225	6	244	6	266	6	265	6	251				
						7	264	7	248						

Men's Junior Pan Am Ranking (2016, 2017 Avg.)

56Kg		62Kg		69Kg		77Kg		85Kg		94Kg		105Kg		+105Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	262	1	299	1	319	1	351	1	359	1	382	1	374	1	419
2	243	2	287	2	313	2	336	2	354	2	375	2	373	2	397
3	239	3	281	3	305	3	333	3	347	3	363	3	370	3	395
4	237	4	278	4	305	4	332	4	344	4	361	4	365	4	380
5	234	5	277	5	302	5	331	5	341	5	346	5	363	5	377
6	230	6	268	6	299	6	331	6	338	6	338	6	360	6	366
7	227	7	264	7	295	7	328	7	337	7	331	7	352	7	364
8	225	8	262	8	292	8	322	8	335	8	329	8	336	8	359
9	222	9	260	9	285	9	318	9	332	9	328	9	331	9	352
		10	257	10	283	10	316	10	327	10	327	10	329	10	348
		11	252	11	281	11	310	11	322	11	319	11	325		
		12	248	12	279	12	303	12	320			12	322		
		13	247	13	269	13	301	13	319			13	304		
		14	243	14	264	14	298	14	318			14	299		
		15	232	15	251	15	297	15	311						
		16	225	16	250	16	293								
		17	192	17	229	17	290								
						18	288								
						19	285								
						20	285								
						21	279								
						22	271								
						23	266								

Men Junior World Ranking (2016, 2017 Avg.)

Appendix B: Youth Pan Ams

44Kg		48Kg		53Kg		58Kg		63Kg		69Kg		75Kg		+75Kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	148	1	141	1	178	1	171	1	197	1	212	1	210	1	222
2	119	2	137	2	162	2	166	2	179	2	191	2	205	2	219
3	114	3	125	3	157	3	159	3	177	3	169	3	180	3	207
		4	119	4	147	4	142	4	169	4	163	4	157	4	183
				5	137	5	133	5	154	5	151			5	179
														6	174
														7	165

Women's Youth Pan Am Ranking (2016, 2017 Avg.)

*75Kg numbers are actual results from 2017 competition.

50kg		56kg		62kg		69kg		77kg		85kg		94kg		+94kg	
Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
1	199	1	238	1	250	1	267	1	311	1	305	1	263	1	284
2	190	2	225	2	246	2	261	2	267	2	277	2	243	2	271
3	178	3	216	3	228	3	245	3	256	3	270	3	235	3	261
		4	209	4	226	4	239	4	241	4	247			4	229
		5	207	5	220	5	231			5	237				
				6	203	6	208								
				7	187										

Men's Youth Pan Am Ranking (2016, 2017 Avg.)

Appendix C: RTP Information

To submit yourself to the USAW RTP, to meet the minimum six (6) month requirement, you must add the “USADA RTP Athlete Certification to your membership profile. To do that follow the steps below:

Step 1: log into your USA Weightlifting membership profile

Step 2: Select the “RTP Athlete Sign-Up” from the home page (Anti-Doping -> Sign-up)



Step 3: Complete the athlete information required and submit the certification

Step4: Your application will be processed by the sport department and you will receive an email once it has been completed.

If you have any questions about the certification please contact Lorene.halford@usaweightlifting.org.