



# BENCH ONLY NATIONALS QUALIFICATION CRITERIA & ENTRY PROCESS

## Entry Criteria

All applicants to the Australian Powerlifting Alliance (APA) Bench Only Nationals on December 7th 2024 must meet the following entry criteria:

1. Be a current member of the APA
2. Not serving an Anti-Doping rule violation sanction
3. Compete in the qualification window and meet the qualifying criteria detailed below
4. Not be serving a sanction or be under investigation for a breach of IPF, APA constitution, policies or bylaws
5. Not be a member of another powerlifting federation

## Qualification & Entry Process:

### PRIMARY SELECTION

- All APA competitors who are eligible and who have met the qualifying total for their weight class will be able to enter the event. Refer to pages 2-5 of the document for qualifying totals.
  - Eligible entrants must meet the relevant qualifying total between 12 months out and 6 weeks out from the event.
  - Competitors may also enter the national event in advance of doing a qualifying event. I.e the event falls within the registration window. These special entries will be marked and reviewed to ensure standards have been met once the qualifying event has been attended.
  - Competitors may use 3-lift competitions to qualify.

### WEIGHT CLASS CHANGE

- Competitors are able to qualify for Bench Only Nationals in the weight class they competed in when attaining a qualifying total, and also one (1) weight class above.
  - The qualifying total must be met for the registered class.



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# BENCH ONLY NATIONALS QUALIFICATION CRITERIA & ENTRY PROCESS

Classic - Bench Only			
SUB JUNIORS			
	worlds	regionals	nationals
<b>WOMEN</b>			
43	42.5	40	37.5
47	50	47.5	42.5
52	55	52.5	47.5
57	60	57.5	52.5
63	62.5	60	55
69	65	62.5	57.5
76	72.5	67.5	62.5
84	77.5	72.5	67.5
84 +	90	85	77.5
<b>MEN</b>			
53	92.5	87.5	80
59	105	100	92.5
66	117.5	110	102.5
74	120	112.5	105
83	132.5	125	115
93	137.5	130	120
105	147.5	137.5	127.5
120	155	145	135
120 +	167.5	157.5	145

Classic - Bench Only			
JUNIORS			
	worlds	regionals	nationals
<b>WOMEN</b>			
43	50	47.5	42.5
47	55	52.5	47.5
52	60	57.5	52.5
57	65	62.5	57.5
63	70	65	60
69	75	70	65
76	82.5	77.5	70
84	87.5	82.5	75
84 +	97.5	92.5	85
<b>MEN</b>			
53	105	97.5	90
59	117.5	110	102.5
66	130	122.5	112.5
74	135	127.5	117.5
83	145	137.5	125
93	152.5	142.5	132.5
105	165	155	142.5
120	172.5	162.5	150
120 +	185	175	160

Classic - Bench Only			
OPEN			
	worlds	regionals	nationals
<b>WOMEN</b>			
47	60	57.5	52.5
52	65	62.5	57.5
57	72.5	67.5	62.5
63	77.5	72.5	67.5
69	82.5	77.5	72.5
76	90	85	77.5
84	95	90	82.5
84 +	105	100	92.5
<b>MEN</b>			
59	132.5	125	115
66	145	137.5	125
74	150	142.5	130
83	160	152.5	140
93	170	160	147.5
105	182.5	172.5	157.5
120	192.5	180	167.5
120 +	205	192.5	177.5



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Classic - Bench Only			
M1			
	worlds	regionals	nationals
<b>WOMEN</b>			
<b>47</b>	50	47.5	42.5
<b>52</b>	52.5	50	45
<b>57</b>	57.5	55	50
<b>63</b>	62.5	60	55
<b>69</b>	65	62.5	57.5
<b>76</b>	72.5	67.5	62.5
<b>84</b>	75	70	65
<b>84 +</b>	85	80	75
<b>MEN</b>			
<b>59</b>	105	100	92.5
<b>66</b>	115	110	100
<b>74</b>	120	115	105
<b>83</b>	130	122.5	112.5
<b>93</b>	135	127.5	117.5
<b>105</b>	145	137.5	125
<b>120</b>	155	145	135
<b>120 +</b>	165	152.5	142.5

Classic - Bench Only			
M2			
	worlds	regionals	nationals
<b>WOMEN</b>			
<b>47</b>	42.5	40	37.5
<b>52</b>	45	42.5	40
<b>57</b>	52.5	50	45
<b>63</b>	57.5	55	50
<b>69</b>	60	57.5	52.5
<b>76</b>	65	52.5	57.5
<b>84</b>	70	65	60
<b>84 +</b>	77.5	72.5	67.5
<b>MEN</b>			
<b>59</b>	97.5	92.5	85
<b>66</b>	105	100	90
<b>74</b>	110	105	95
<b>83</b>	115	110	100
<b>93</b>	120	112.5	105
<b>105</b>	130	122.5	112.5
<b>120</b>	137.5	130	120
<b>120 +</b>	147.5	137.5	127.5

Classic - Bench Only			
M3 & M4			
	worlds	regionals	nationals
<b>WOMEN</b>			
<b>47</b>	Any total	Any total	Any total
<b>52</b>	Any total	Any total	Any total
<b>57</b>	Any total	Any total	Any total
<b>63</b>	Any total	Any total	Any total
<b>69</b>	Any total	Any total	Any total
<b>76</b>	Any total	Any total	Any total
<b>84</b>	Any total	Any total	Any total
<b>84 +</b>	Any total	Any total	Any total
<b>MEN</b>			
<b>59</b>	Any total	Any total	Any total
<b>66</b>	Any total	Any total	Any total
<b>74</b>	Any total	Any total	Any total
<b>83</b>	Any total	Any total	Any total
<b>93</b>	Any total	Any total	Any total
<b>105</b>	Any total	Any total	Any total
<b>120</b>	Any total	Any total	Any total
<b>120 +</b>	Any total	Any total	Any total



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Equipped - Bench Only			
SUB JUNIORS			
	worlds	regionals	nationals
<b>WOMEN</b>			
43	52.5	50	45
47	57.5	55	50
52	60	57.5	52.5
57	65	62.5	57.5
63	70	65	60
69	77.5	72.5	67.5
76	82.5	80	75
84	87.5	85	80
84 +	92.5	87.5	80
<b>MEN</b>			
53	110	102.5	95
59	120	112.5	105
66	130	122.5	112.5
74	145	135	125
83	152.5	142.5	132.5
93	160	152.5	140
105	172.5	162.5	150
120	180	170	157.5
120 +	192.5	180	167.5

Equipped - Bench Only			
JUNIORS			
	worlds	regionals	nationals
<b>WOMEN</b>			
43	57.5	55	50
47	62.5	60	55
52	65	62.5	57.5
57	72.5	67.5	62.5
63	77.5	72.5	67.5
69	85	80	75
76	90	85	77.5
84	95	90	82.5
84 +	105	100	90
<b>MEN</b>			
53	120	112.5	105
59	132.5	125	115
66	145	135	125
74	157.5	147.5	137.5
83	170	160	147.5
93	180	170	157.5
105	192.5	182.5	167.5
120	200	190	175
120 +	212.5	200	185

Equipped - Bench Only			
OPEN			
	worlds	regionals	nationals
<b>WOMEN</b>			
47	70	65	60
52	75	70	65
57	80	75	70
63	85	80	75
69	95	90	82.5
76	100	95	87.5
84	105	100	92.5
84 +	115	107.5	100
<b>MEN</b>			
59	147.5	137.5	127.5
66	160	150	140
74	175	165	152.5
83	190	180	165
93	200	187.5	175
105	212.5	200	185
120	220	207.5	192.5
120 +	235	220	205



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Equipped - Bench Only			
M1			
	worlds	regionals	nationals
<b>WOMEN</b>			
47	55	52.5	47.5
52	60	57.5	52.5
57	62.5	60	55
63	70	65	60
69	77.5	72.5	67.5
76	80	75	70
84	85	80	75
84 +	92.5	87.5	80
<b>MEN</b>			
59	117.5	110	102.5
66	130	122.5	112.5
74	140	130	122.5
83	152.5	142.5	132.5
93	160	150	140
105	170	160	147.5
120	177.5	167.5	155
120 +	190	180	165

Equipped - Bench Only			
M2			
	worlds	regionals	nationals
<b>WOMEN</b>			
47	50	47.5	42.5
52	55	52.5	47.5
57	57.5	55	50
63	62.5	60	55
69	70	65	60
76	72.5	67.5	62.5
84	77.5	72.5	67.5
84 +	82.5	77.5	72.5
<b>MEN</b>			
59	105	100	92.5
66	117.5	110	102.5
74	127.5	120	110
83	137.5	130	120
93	145	135	125
105	152.5	145	132.5
120	160	150	140
120 +	170	160	147.5

Equipped - Bench Only			
M3 & M4			
	worlds	regionals	nationals
<b>WOMEN</b>			
47	Any total	Any total	Any total
52	Any total	Any total	Any total
57	Any total	Any total	Any total
63	Any total	Any total	Any total
69	Any total	Any total	Any total
76	Any total	Any total	Any total
84	Any total	Any total	Any total
84 +	Any total	Any total	Any total
<b>MEN</b>			
59	Any total	Any total	Any total
66	Any total	Any total	Any total
74	Any total	Any total	Any total
83	Any total	Any total	Any total
93	Any total	Any total	Any total
105	Any total	Any total	Any total
120	Any total	Any total	Any total
120 +	Any total	Any total	Any total