



EQUIPPED NATIONALS 2025 QUALIFICATION CRITERIA & ENTRY PROCESS

Entry Criteria

All applicants to the Australian Powerlifting Alliance (APA) Equipped Nationals event 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 as an equipped competitor will be able to enter the event. Refer to pages 2-4 of the document for qualifying totals.
 - Eligible entrants must meet the relevant qualifying total between 12 months out and 10 weeks out from the event.
 - The event will continue to take registrations until capacity is reached.

WEIGHT CLASS CHANGE

- Competitors are able to qualify for Equipped Nationals primary selection 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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SUB JUNIOR WOMEN	
Weight Class (kg)	Qualifying Total (kg)
43	195
47	207.5
52	225
57	240
63	260
69	285
76	315
84	327.5
84+	340

JUNIOR WOMEN	
Weight Class (kg)	Qualifying Total (kg)
43	217.5
47	230
52	250
57	267.5
63	290
69	317.5
76	350
84	365
84+	377.5

OPEN WOMEN	
Weight Class (kg)	Qualifying Total (kg)
47	257.5
52	277.5
57	297.5
63	322.5
69	352.5
76	390
84	405
84+	420

M1 WOMEN	
Weight Class (kg)	Qualifying Total (kg)
47	205
52	222.5
57	237.5
63	257.5
69	282.5
76	312.5
84	325
84+	335



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M2 WOMEN	
Weight Class (kg)	Qualifying Total (kg)
47	185
52	200
57	212.5
63	230
69	255
76	282.5
84	292.5
84+	302.5

M3 WOMEN	
Weight Class (kg)	Qualifying Total (kg)
47	155
52	170
57	182.5
63	195
69	207.5
76	217.5
84	225
84+	240

SUB JUNIOR MEN	
Weight Class (kg)	Qualifying Total (kg)
53	325
59	360
66	397.5
74	432.5
83	470
93	495
105	522.5
120	542.5
120+	567.5

JUNIOR MEN	
Weight Class (kg)	Qualifying Total (kg)
53	360
59	400
66	440
74	480
83	520
93	550
105	580
120	602.5
120+	630



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OPEN MEN	
Weight Class (kg)	Qualifying Total (kg)
59	445
66	490
74	535
83	577.5
93	612.5
105	645
120	670
120+	700

M1 MEN	
Weight Class (kg)	Qualifying Total (kg)
59	355
66	392.5
74	427.5
83	462.5
93	490
105	515
120	535
120+	560

M2 MEN	
Weight Class (kg)	Qualifying Total (kg)
59	320
66	352.5
74	385
83	415
93	440
105	462.5
120	480
120+	505

M3 MEN	
Weight Class (kg)	Qualifying Total (kg)
59	245
66	270
74	295
83	317.5
93	337.5
105	355
120	370
120+	385