



MASTERS NATIONALS 2025 QUALIFICATION CRITERIA & ENTRY PROCESS

Entry Criteria:

All applicants to the Australian Powerlifting Alliance (APA) Masters 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

Age requirements:

Master 1: from 1 January in the calendar year, he/she reaches 40 years and throughout the full calendar year in which he/she reaches 49 years.

Master 2: from 1 January in the calendar year, he/she reaches 50 years and throughout the full calendar year in which he/she reaches 59 years.

Master 3: from 1 January in the calendar year, he/she reaches 60 years and throughout the full calendar year in which he/she reaches 69 years.

Master 4: from 1 January in the calendar year, he/she reaches 70 years and upwards.

Qualification & Entry Process:

PRIMARY SELECTION

- Master APA competitors who are eligible and who have met the qualifying total for their weight class will be able to enter the Masters National event. Refer to page 2 of the document for qualifying totals.
- Eligible entrants must meet the relevant qualifying total between 12 months out and 12 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 Masters 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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Weight Class (kg)	M1 Qualifying Total (kg)	M2 Qualifying Total (kg)	M3 Qualifying Total (kg)	M4 Qualifying Total (kg)
47	237.5	215	185	Any total
52	267.5	242.5	210	Any total
57	287.5	260	225	Any total
63	305	280	240	Any total
69	320	292.5	252.5	Any total
76	335	305	265	Any total
84	345	315	275	Any total
84+	355	325	282.5	Any total

Weight Class (kg)	M1 Qualifying Total (kg)	M2 Qualifying Total (kg)	M3 Qualifying Total (kg)	M4 Qualifying Total (kg)
59	372.5	345	320	Any total
66	422.5	387.5	360	Any total
74	472.5	440	400	Any total
83	505	467.5	432.5	Any total
93	540	500	457.5	Any total
105	570	520	475	Any total
120	602.5	540	495	Any total
120+	617.5	555	515	Any total