

Female Commonwealth Pathway Standards

| Bodyweight Category | Age on 31st December 2019 | | | | | | | | | | |
|--|---------------------------|-----|-------------|-----|-----|-----|-----------|-----|-----|-----|-----|
| | 23 | 22 | 21 | 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 |
| u40kg (Youth only) | | | | | | | 111 | 107 | 102 | 98 | 94 |
| u45kg | 142 | 137 | 133 | 128 | 124 | 120 | 115 | 110 | 106 | 102 | 98 |
| u49kg | 152 | 147 | 143 | 138 | 133 | 128 | 123 | 118 | 113 | 109 | 104 |
| u55kg | 168 | 163 | 158 | 153 | 148 | 142 | 137 | 131 | 126 | 121 | 116 |
| u59kg | 179 | 174 | 168 | 162 | 157 | 151 | 145 | 139 | 134 | 129 | 123 |
| u64kg | 185 | 179 | 174 | 168 | 162 | 156 | 150 | 144 | 138 | 133 | 127 |
| u71kg | 195 | 189 | 183 | 177 | 171 | 165 | 158 | 152 | 146 | 140 | 134 |
| u76kg | 198 | 192 | 186 | 180 | 174 | 168 | 161 | 154 | 148 | 142 | 137 |
| u81kg | 204 | 198 | 192 | 185 | 179 | 173 | 166 | 159 | 153 | 147 | 141 |
| +81kg (Youth only) | | | | | | | 174 | 167 | 161 | 154 | 148 |
| u87kg | 208 | 202 | 195 | 189 | 182 | 176 | | | | | |
| +87kg | 221 | 215 | 208 | 201 | 194 | 187 | | | | | |
| Required Annual increase in Performance | 3% | | 3.5% | | | | 4% | | | | |

1. All minimum qualification standards are expressed in Kilograms (Kg)
2. The relevant total must be achieved during the Selection period outlined in the competition selection policy you wish to qualify for.
3. Direct any queries to the [BWL Performance manager](#)