

Female Commonwealth Pathway Standards

Bodyweight Category	Age	23	22	21	20	19	18	17	16	15	14	13
Under 40kg		-	-	-	-	-	-	111	107	102	98	94
Under 45kg		142	137	133	128	124	120	115	110	106	102	98
Under 49kg		152	147	143	138	133	128	123	118	113	109	104
Under 55kg		168	163	158	153	148	142	137	131	126	121	116
Under 59kg		179	174	168	162	157	151	145	139	134	129	123
Under 64kg		185	179	174	168	162	156	150	144	138	133	127
Under 71kg		195	189	183	177	171	165	158	152	146	140	134
Under 76kg		198	192	186	180	174	168	161	154	148	142	137
Under 81kg		204	198	192	185	179	173	166	159	153	147	141
81+kg		-	-	-	-	-	-	174	167	161	154	148
Under 87kg		208	202	195	189	182	176	-	-	-	-	-
87+kg		221	215	208	201	194	187	-	-	-	-	-
Required Annual Increase in Performance		3%			3.5%			4.0%				
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. Red categories = Youth (Under 17) Categories												