



Event: German Weightlifting Mixed Battle 2026

Date: April 25th 2026

Location: Leimen (Germany)

Timeline and critical dates (Subject to change by BWL/IWF/EWF)

1. **Qualification opens** – The qualification window will open on 20/02/2026
2. **Inform BWL of Intention to attempt to gain selection** – Athletes seeking nomination must confirm their intention and agreement to this Policy by submitting the online form [here](#).
3. **Submit necessary accreditation information** – Athletes must return an up-to-date copy of the Athlete's passport and WADA ADEL(ILA) certificate matt.keogh@britishweightlifting.org no later than 23:59, 06/03/2026.
4. **ADAMS Whereabouts submission deadline** – 06/03/2026 for submission of complete whereabouts for Q2 & Q3 2025 and the WADA ADEL International-Level Athletes education programme [here](#) required by the IWF
5. **Athletes must have lifted in at least one (1) of the following events:**
 - 2026 Home Nation Age-Group Championships (20th-22nd February)
 - BWL Performance Pathway Trials, Nottingham (7th March 2026)
6. **Qualification ends** – The qualification window will close on 08/03/26/2026
7. **Selection meeting** – will take place during the week commencing 09/03/2026 The selection committee will convene to select athletes.
8. **Key Selection Event** – The following competitions will be a key selection event for athletes seeking to be selected.
 - 2026 Home Nation Age-Group Championships (20th-22nd February)
 - BWL Performance Pathway Trials, Nottingham (7th March 2026)
9. **Selection panel decisions** – All long-list Athletes will be informed of selection decisions no later than 17:00 on Friday 13/03/2026. Selection decisions will be communicated to athletes by email.
10. **Appeal deadline for non-selection** - Athletes have 72 hours following receipt of the selection decision to file an appeal. Athletes will be immediately informed if an appeal is submitted which could effect their selection.
11. **Appeals panel meeting** - All appeals will be heard within 72 hours of the appeals deadline
12. **Appeals decision** - All Athletes effected by the decision of an appeal will be informed within 24 hours of the conclusion of the appeals meeting .
13. **Submission of final entries** – 14th March 2026.

1. Overview

The BVDG Leistungssport gGmbH is excited to host the Strong Together Day at the Federal Training Center in Leimen on April 25, 2026. As part of this event, we are introducing an innovative competition for athletes in youth categories. In addition to various Olympic Weightlifting disciplines, we are planning a special team competition that will not only focus on athletic performance but also emphasize teamwork, fun, and camaraderie.

In this team-based competition, one female and one male athlete will lift together on a 3x3m platform. The warm-up and competition attempts (Block Lifting) will take place on this shared platform, with the female athlete lifting first, followed by the male athlete.

Teams will compete head-to-head, and once the combined body weight of the team exceeds 160 kg, the surplus weight will be subtracted from the total combined result. Teams will be drawn randomly within their respective countries after the weigh-in. The highest combined total in the snatch and clean & jerk will determine the winning team.

The competition will be conducted according to the IWF Technical and Competition Rules & Regulations (IWF TCRR).

British Weight Lifting ("BWL") and its funding stakeholders closely monitor the international competition calendar, available [here](#), and all travel advice provided by the British Home Office for competition destinations to determine the safety and appropriateness of attending international events.

Selection of lifters representing Great Britain at this event will be made according to the criteria outlined in this document, with priority given to the top 4 male youth athletes and top 4 female youth athletes in the rankings at the end of the qualification window. The Home Nation Age Group Championships will be a key selection event.

BWL reserves the right to amend this selection policy or process in the event of unforeseen circumstances that could reasonably jeopardise the performance, safety, or well-being of athletes and staff.

Long-list athletes will be notified of any such changes to this policy via email, and updates to this policy will be published on the BWL website [here](#)

At the beginning of the selection meeting, the selection panel will be asked to:

- Review and verify the availability of supporting information.
- Check the longlist of athletes who submitted declarations of interest.
- Raise any concerns if they feel that any athletes are missing from the long-list
- Confirm their agreement on which athletes have met the minimum eligibility criteria

2. Minimum Eligibility Criteria

To be considered for selection for this event, athletes must satisfy the following criteria:

2.1 Be a citizen of the United Kingdom and hold a valid British passport prior to preliminary entry deadline for this event.

- (a) In the case of multiple citizenship, the athlete must not have represented another country within a period of 12 months and have been approved by the IWF according to their regulations.

2.2 Be aged 17 or younger on 31st December 2026.

2.3 Must not have already competed at an International event for Great Britain/Home Nation.

- 2.4 Must send a clear photo copy of their passport and a copy of their WADA ADEL(ILA) certificate via email to tara.drake@britishweightlifting.org no later than 23:59, 06/03/2026.
- 2.5 Must have submitted a Declaration of interest [here](#) no later than 23:59, 06/03/2026
- 2.6 Must be a current member of British Weight Lifting (BWL)
- 2.7 Must not be currently under:
- (a) disqualification, expulsion or suspension by all or any of: BWL; the athlete's respective National Federation; the IWF; the EWF, IOC and/or any other body competent and recognised by BWL; or disqualification, expulsion or suspension under the World Anti-Doping Code.
- 2.8 Must remain compliant with the BWL and IWF Anti-Doping Controls and complete all relevant UKAD Education & Training required by British Weightlifting and the IWF
- 2.9 Must attend an Induction workshop and Annual planning meeting no later than 15/03/2026.
- 2.10 Must sign an 'Athlete Agreement' and display behaviours in-line with both the 'BWL codes of conduct' and BWL 'bar none standards'. at all competitions and training camps.
- 2.11 Must have an ADAMS Whereabouts profile

If the Athlete meets the Minimum Eligibility Criteria at the time of selection, but subsequently, prior to or during the event fails to meet them, then BWL shall have absolute discretion to deselect the Athlete from this event.

Any queries about the 'Minimum Eligibility Criteria' for this competition should be sent to matt.keogh@britishweightlifting.org no later than 06/03/2026.

3. Minimum Qualification criteria

3.1 Key Selection Events - Athletes must have lifted in at least one (1) of the following events to be eligible for selection:

- (A) *2026 Home Nation Age-Group Championships (20th-22nd February 2026)*
- (B) *BWL Pathway Trials, Nottingham (7th March 2026)*

Only athletes who have competed in at least one of the above events will be eligible for selection.

4. Extenuating Circumstances

Extenuating circumstance applications will be considered at the beginning of the selection meeting, The selection panel will review Extenuating Circumstances (4.1, 4.2) prior to the Selection Process section (5.0)

4.1 Bodyweight Discretion - Athletes may request "bodyweight discretion" for cutting weight during the qualification period if doing so poses a significant risk to their health & wellbeing or performance at this competition. Please see "Appendix A" for further details on how to request bodyweight discretion. All requests will be shared with the selection panel (but will not be reviewed until during the selection meeting). Final approval is at the absolute discretion of the selection panel.

4.2 Extenuating Circumstances - Can be considered in specific situations where an athlete is unable to achieve the minimum eligibility criteria (2.0) or minimum qualification criteria (3.0) through no fault of their own. Please see "Appendix B" for further details on how to request extenuating circumstances. Final approval is at the absolute discretion of the selection panel.

4.3 The Selection Panel, in its sole discretion, may approve applications from athletes who have been unable to meet the minimum eligibility criteria (2.0) or minimum qualification standards (3.0) for this event, provided that such inability does not reasonably appear to limit the athlete's ability to achieve a performance at least equal to the Minimum Qualification Standard (MQS) (3.0) in their respective bodyweight category at this event.

It is highly probable that athletes whose requests for extenuating circumstances are approved and who are subsequently selected for this event will be subject to additional conditions of selection (6.4)

pertaining to the area(s) impacted by their extenuating circumstances (6.2.1 to 6.2.4). These conditions are intended to ensure the athlete's capability of achieving a performance that is at least equal to the Minimum Qualification Standard at this event.

5. Selection Process

BWL will select a Team of the top ranked youth athletes that possesses the greatest potential for achieving Medals and contributing to the overall Team performance at this Event.

The selection panel will convene during the week beginning 09/03/2026

Supporting information - The selection panel, who will be provided with access to (without limitation) the following supporting information:

- (A) *The Long-list of all athletes who submitted a declaration of interest for the event*
- (B) *BWL Ranking list of all lifters who meet the minimum eligibility criteria (2.0)*
- (C) *Results from the European Youth Championships 2025*
- (D) *UKS Performance Trajectory & Competition History of BWL Sport 80, IWF and EWF events*
- (E) *Registers of Attendance for BWL Training Camps and Squads since 1 September 2025*

The advice and experience of the BWL performance team and International Arena coaches who work regularly with athletes during training camps and international competitions will be considered by selectors throughout the selection process to evaluate whether athletes demonstrate the necessary skills & behaviours to deliver no less than equal to their best performance at this competition and future events (1.0)

5.1 Team size restrictions

- 5.1.1 *The maximum team size for this event is Four (4) male and Four (4) female athletes.*
- 5.1.2 *The maximum number of lifters selected in each weight category will not exceed two (2)*
- 5.1.3 *BWL can fund up to 8 athletes for this event*

5.2 Athlete Ranking - BWL, IWF and EWF competition data will be used exclusively to generate a combined ranking list including all Men & Women who have achieved the minimum qualification criteria (3.1).

The following formula will be use to generate each athletes percentage ranking:

$$\frac{\text{Best total during Qualification period}}{\text{European Youth Ranking Standard (Kg)}}$$

If an athlete wants to include competition results in the BWL Sport 80 system that are not from BWL, IWF, or EWF competitions, they should contact matthew.curtain@britishweightlifting.org. BWL reserves the right to reject competition results if any doubt exists about the standards of anti-doping, technical officiating or the accuracy of competition results.

5.2.1 Women's Ranking Standard

W44	W48	W53	W58	W63	W69	W77	W77+
123	150	156	170	179	184	194	198

5.2.2 Men's Ranking Standard

M56	M60	M65	M71	M79	M88	M94	M94+
222	229	260	265	280	287	292	313

5.3 Final Team Selection

Using the supporting information available (highlighted above) the selection panel must use the following criteria in order of importance to select a team for this event:

- 5.3.1 Does each athlete's progress rate suggest the potential for winning a Medal at the European Youth Championships 2026?
- 5.3.2 Does each athlete's progress rate suggest the potential for finishing top 8 at at the European Youth Championships 2026?
- 5.3.3 Does each athlete's progress rate suggest the potential for finishing top 8 at an international age group competition next year?
- 5.3.4 Does each athlete's progress rate suggest the potential for winning medals at future senior international events?

6. Conditions and Obligations of Selection

Athletes representing Great Britain are expected to meet high standards of performance, preparation, and behavior. The following section outlines guidance on those expectations.

If there is evidence suggesting that an athlete is not meeting the conditions and obligations listed below the Selection Panel and BWL reserve the right to investigate or assess each situation further. If, following such investigation, the Selection Panel concludes that an athlete has failed to meet any of the below conditions and obligations the Selection Panel at its discretion, reserves the right to:

- De-select the athlete
- Impose additional conditions of selection
- Request further assessment

Assessments of Injury, illness, health, form or fitness will be conducted under the guidance of suitable, coaching, sport science and / or medical personnel as designated by the BWL Head of performance or their delegate (E.g. The designated team leader(s) for the event).

If BWL wishes to request an assessment before-departure for competition, then the BWL performance team will provide reasonable notice of no less than 72 hours to the athlete.

If BWL wishes to request an assessment after-departure for competition, then the BWL performance team may request an assessment as soon as is practically possible.

Should an athlete refuse to undergo a required assessment, the Selection Panel, in its sole discretion, reserves the right to de-select the athlete.

if an athlete's is de-selected after departure for this event or any associated training camps BWL will initiate their repatriation as expeditiously as is reasonably safe and practicable.

6.1 Mandatory Conditions of Selection

From the point of selection all athletes must:

- 6.1.1 Continue to meet all of the Minimum Eligibility Criteria (2.0).
- 6.1.2 Keep selection confidential until an official team announcement has taken place by BWL.
- 6.1.3 Adhere to travel itineraries organised by BWL, unless otherwise agreed.
- 6.1.4 Wear Team kit during training and competition as requested and provided by BWL.
- 6.1.5 Attend a performance planning meeting and agree clear performance targets for this competition within 4 weeks notification of their selection. Where an athlete fails to attend or refuses to do so the performance team, at their discretion, reserves the right to set performance objectives for the athlete.
- 6.1.6 Inform the BWL Head of Performance immediately should preparation for this event become interrupted in any way

6.2 Additional Conditions of Selection

At point of selection, the selection panel, at their discretion, reserves the right to set additional 'conditions of selection' in any of the following key areas:

- 6.2.1 *Capability to deliver against agreed performance targets*
- 6.2.2 *Athlete Health & Wellbeing (including Injury and Illness)*
- 6.2.3 *Engagement with the performance team and training camps & squads*
- 6.2.4 Submit training and bodyweight information [here](#)

6.3 Causes or Concerns for Injury and/or Illness

If any concern arising from an examination, observation or otherwise indicates that an athlete's Health & Wellbeing could be at risk if they compete at this event then BWL will be entitled to request an assessment of the Athlete's Health, Form or Fitness.

6.4 Causes or Concerns for Poor Preparation, form and fitness

From the point of selection all athletes must consistently demonstrate through their training and behaviour that they are on track to achieve agreed performance targets (6.1.6).

If any concern arising from an observation of training, testing, or otherwise indicates that an athlete is not on-track to achieve agreed performance targets (6.1.6), then BWL will be entitled to request an assessment of the Athlete's Form & Fitness.

6.5 Funding & Sponsorship Conditions

This event is funded by BWL, UK Sport, and/or Home Nation funding bodies. The cost of sending one athlete to an international competition ranges from £1,500-4,500 depending on location and length of stay (excluding additional staff costs). BWL asks all athletes to tag and thank UK Sport, The National Lottery, and their respective Home Nation funding body (if applicable) for their support in funding their participation in any social media posts during the competition period.

BWL recognise that athletes may have personal sponsors who support them in the lead-up to this competition. We recommended that athletes contact matthew.curtain@britishweightlifting.org to discuss potential conflicts with current or potential partners before signing any agreements. Failure to adhere to the terms outlined in the BWL 'Athlete Agreement' regarding sponsorship could result in de-selection.

6.6 Causes or Concerns for Poor Behaviour

Athletes should revert to the BWL athlete codes of conduct, Athlete agreement and their programme induction pack for further guidance on what constitutes 'clumsy', 'inappropriate' and 'unacceptable' behaviour.

If the athlete's actions cannot be resolved, negatively impact other selected team members, or risk negatively impacting the performance of others or the team, BWL may investigate the situation through the BWL complaints and disciplinary procedure. Appropriate action, including de-selection or formal disciplinary action, may be taken if a satisfactory resolution cannot be achieved without compromising the following:

- 6.1.1 *The performance of the athlete*
- 6.1.2 *The performance of other individuals or the team as a whole*
- 6.1.3 *The reputation of BWL.*
- 6.1.4 *The health, wellbeing and safety of athletes, coaches, and support staff*

Clumsy behavior, defined as behavior that is awkward or insensitive in social situations, is not abnormal or uncommon. If an athlete exhibits occasional clumsy behavior that falls below the standards outlined in the BWL Athlete Code of Conduct or the respective "Age-group" Athlete Charter, BWL may initiate an informal resolution process involving all parties.

A resolution could include, the behaviour being challenged by a member of BWL staff or other athletes, an informal apology to those affected by the athlete's poor behavior and formal or informal education to help the athlete understand how & why the behaviour falls below the desired standard.

If an athlete repeatedly exhibits clumsy behavior, despite informal warnings from BWL staff or other athletes, BWL may initiate a formal investigation through the BWL complaints and disciplinary procedure.

7. Selection Panel

7.1 The selection panel will normally comprise:

- Chair of the Performance Advisory Group (Chair)
- An independent member of the BWL Performance Committee
- An independent member of the BWL Performance Committee
- BWL Lead Performance Coach

Other members of the BWL performance team may be in attendance to supply background information

All conflicts of interest will be declared. A conflicted individual will not vote on that selection or be permitted to contribute to discussions unless their views are specifically requested by the Chair of the Panel. In the event of a tied vote, the Chair will cast the deciding vote.

7.2 A written summary of the notes from this meeting will be recorded

7.3 All long-list Athletes will be informed by email of the selection decision no later than 17:00 on Friday of the week of selection (subject to change by BWL).

Athletes who are not selected will be provided with a clear reason for their non-selection in accordance with this policy to allow them to make an informed decision on whether to appeal.

8. Appeals

A copy of the BWL Appeals Policy can be obtained [here](#).

8.1 Athletes have the right to appeal if they are not selected in accordance with the “BWL Selection Appeals Policy.” The deadline for submitting an appeal is 72 hours after notification of the selection decision (subject to change by BWL).

8.2 Athletes have the right to appeal if they are de-selected in accordance with the “BWL Selection Appeals Policy.” BWL will give athletes a minimum of 72 hours to notify BWL of their intention to appeal their de-selection after notification that they have been de-selected.

If an athlete wishes to appeal the selection panel's decision, they can request access to the summary of selection meeting notes in relation to their selection.

BWL will not take further action to remove an athlete's eligibility to compete until a decision on any appeal has been reached.

8.3 BWL reserves the right to select another eligible athlete to replace a de-selected athlete until the final verification of entries meeting, subject to the conclusion of any appeal process.

8.4 The appeals panel will normally comprise:

- A legal representative (who shall be a qualified lawyer) (Chair)
- One additional independent BWL Board member
- One additional independent BWL Board member

At the request of the chair, other members of the BWL performance team may be in attendance to supply background information.

All conflicts of interest will be declared. A conflicted individual will not vote on that selection or be permitted to contribute to discussions unless their views are specifically requested by the Chair of the Panel. In the event of a tied vote, the Chair will cast the deciding vote.

APPENDIX A - Bodyweight discretion

Minimum criteria for consideration

- The athlete and their personal coach has completed an annual planning meeting with the BWL performance team
- The athlete must have a track record of consistently making weight safely and effectively
- The athlete must submit a written request for discretion by email to Beverley.Kettlety@britishweightlifting.org no later than 23:59 on the last day of the qualification period. The request must clearly outline the individual's request for discretion and should consider the criteria below. (*no more than 250 words*)

Potential reasons for consideration of bodyweight discretion

- Cutting weight for a qualification competition is not in the best interest of the athletes agreed development objectives (outlined in their BWL annual plan)
- The athlete and / or team will gain a significant performance advantage by competing in a different category (e.g. higher ranking or the potential to win a medal)
- The athlete is a UK Sport funded member of the BWL Podium & Academy programme, and it is necessary for them to compete at a milestone event in a different category to maintain sport funding.
- The athlete has had an injury during the qualification period which has prevented them from competing in their desired category
- The athlete's selection does not impact another athlete's selection within the same category that has met the regular criteria.

Catch Weights & Adjusted Qualification Standards - Athletes who wish to be considered must lift within the catch weight for the relevant category and lift the MQS (3.0) + an "add on" to be considered.

The bodyweight allowance for each category has been created by considering the upper end of what is commonly considered possible for making weight without significant risks to athlete health or reductions in performance.

- 1.5% Bodymass lost through dehydration
- 0.5kg lost through fiber depletion and food volume
- Assuming the athlete is athletically lean at their weight class (circa 13-14% body fat for men and 20-21% for women), men's weight loss from fat mass is estimated at up to 1.5%, and women's weight loss is estimated at up to 2.5% from less than 6 weeks of gradual dieting to make weight safely.

Women's Bodyweight Categories

	W48	W53	W58	W63	W69	W77	W86	W87+
Bodyweight Allowance	50.4kg	55.6kg	60.8kg	66.0kg	72.3kg	80.6kg	89.9kg	na

Men's Bodyweight Categories

	M60	M65	M71	M79	M88	M94	M110	M110+
Bodyweight Allowance	62.3kg	67.5kg	73.6kg	81.9kg	91.1kg	97.32kg	113.8kg	na

Athletes wishing to compete at W86+ or M110+ may request to do so if they have lifted the minimum standard for the category below (w86kg or M110kg category respectively).

APPENDIX B - Consideration for selection under extenuating circumstances

Criteria for consideration - Athletes experiencing challenges related to any of the following criteria may apply for Extenuating Circumstances that have affected their ability to meet minimum eligibility criteria (2.0) or minimum qualification standards (3.0) for the event but will not limit their ability to deliver a performance in excess of the MQS (3.0) at this event.

- Academic limitations
- Vocational limitations
- Financial limitations
- Poor physical wellbeing
- Poor mental wellbeing

Supporting Evidence

The athlete must submit a written request for discretion by email to Beverley.Kettley@britishweightlifting.org no later than 23:59 on the last day of the qualification period.

- The request must clearly outline the individual's request for discretion and should consider the criteria below. (no more than 250 words)
- A signed and dated supporting statement or evidence from a relevant individual (e.g., Psychiatrist, Doctor, Teacher, Line Manager, depending on the nature of the request). This individual cannot be a relative of the athlete.

Review Process –The Selection panel as a whole will be presented with the written discretion and asked to consider its relevance prior to the selection discussion (5.0)

- Is the request for exemption considered reasonable and is the evidence provided considered to be true and accurate?
- Is the athlete engaged in a BWL programme and do they have an up-to-date BWL annual plan?
- Does the panel agree that not competing during the qualification period serves the best interest of the performance of the athlete and / or team?
- Does the panel agree that competing at the target event is in the best interest of the athlete and / or team considering their individuals current extenuating circumstances?
- Could selection of the athlete displace the selection of another athlete who has fulfilled all minimum eligibility criteria? If yes this should be considered during final team selection (5.3)
- Has the athlete lifted the qualification standard in the last 12 months in the same category they have declared interest to compete in?
- Is the athlete a UK Sport funded member of the BWL Podium & Academy programme, and it is necessary for them to compete at a milestone event to maintain funding.
- Has the athlete fulfilled all other minimum selection criteria, and would the panel have selected them during the selection process under normal conditions?

Accepted Solutions - If the case for extenuating circumstances is granted the panel can propose any or all the following solutions:

- The panel can choose to consider historic results recorded prior to the qualification deadline and select the athlete
- The panel can choose to extend the qualification period for the athlete to allow them more time to fulfil the necessary qualification criteria that the extenuating circumstances prevent them from demonstrating.
- The panel can request that the athlete completes a 'Fitness test' on a defined date, time, and location in the presence of the performance team to demonstrate that they can achieve key performance targets.

APPENDIX C - Definition of Key Terms

British Olympic Association (BOA) – the organisation which governs and approves the selection of “Team GB” athletes and Officials for the Olympic Games.

British Weight Lifting (BWL) – the National Governing Body for Weightlifting and Weight Training in the UK

Commonwealth Games England (CGE) – the organisation which governs and approves the selection of “Team England” athletes and Officials for the Commonwealth Games.

Commonwealth Games Federation (CGF) – the organisation which governs the Commonwealth Games

Commonwealth Weightlifting Federation (CWF) – the commonwealth federation which governs the sport of Weightlifting across the Commonwealth, overseeing the Commonwealth Championships and the Weightlifting event at the Commonwealth Games.

Dispute – any claim, action, suit, arbitration, proceeding, investigation, complaint or prosecution to which the Athlete is a party or materially involved details of which it appears necessary (in BWL’s sole discretion) to make available to the Selection Panel.

For example only (and without limitation to BWL’s discretion) if an athlete is under investigation for and/or charged with conduct which:

- A) (if convicted) amounts to criminality for which a custodial sentence may be given and/or criminality which harms or places in danger other individuals; or
- B) would bring or brings BWL and/or the sport into serious disrepute;

then details of this kind of Dispute may be notified to the Selection Panel if BWL believes it will ensure factors such as (and without limitation) fairness, safety of any other individuals participating in or attending the Event (or training and preparing for the Event) and/or the reputation of: BWL, the sport and/or the Event.

Engaged Performance Athlete – an athlete who is present at 80% or more of the BWL Camps & Training Squad opportunities they are invited to attend and has worked in collaboration with the NGB to maintain an up-to-date performance plan which includes a competition plan and clearly articulated development objectives.

European Weightlifting Federation (EWF) – the continental federation which governs the sport of Weightlifting in Europe, overseeing major continental championships etc.

International Olympic Committee (IOC) – the organisation which governs the Olympic Games and affiliated international federations (e.g., the IWF)

International Weightlifting Federation (IWF) – the federation which governs the sport of Weightlifting globally

Long List Athlete – An athlete who has completed an application of interest and submitted all other necessary documents 6 months before the event.

Performance Targets – With consideration for the expectations of key funding partners BWL reserves the right to agree individualised performance targets specific to the athlete, event, or both. BWL will communicate performance targets in writing with each athlete no less than 6 weeks before any event. If no performance target is set BWLs generic performance targets for international competition will apply. BWLs generic performance target for international competition are as follows:

- Athletes should make a minimum of 4/6 lifts
- Athlete should lift no less than equal to their Personal Best for the selected weight category

Sport England – a funding organisation who provides funding to support grass roots and the development of elite sport pathways in England for athletes who demonstrate potential to win medals at the Commonwealth games.

Sport Scotland – a funding organisation who provides funding to support grass roots and the development of elite sport pathways in Scotland for athletes who demonstrate potential to win medals at the Commonwealth games.

Sport Wales – a funding organisation who provides funding to support grass roots and the development of elite sport pathways in Wales for athletes who demonstrate potential to win medals at the Commonwealth games.

UK Sport – a funding organisation who provides funding to support the development of elite sport pathways in the United Kingdom for athletes who demonstrate potential to win medals at the Olympic games.

APPENDIX D – Policy Changes
