

Male Commonwealth Pathway Standards

Bodyweight Category	Age	23	22	21	20	19	18	17	16	15	14	13
Under 49kg		-	-	-	-	-	-	169	162	156	149	143
Under 55kg		214	207	201	194	187	181	173	166	160	153	147
Under 61kg		245	237	230	222	214	207	199	191	183	176	169
Under 67kg		259	252	244	235	227	219	210	202	194	186	179
Under 73kg		269	261	253	245	236	228	219	210	201	193	186
Under 81kg		285	276	268	259	250	241	231	222	213	205	196
Under 89kg		298	289	280	270	261	252	242	232	223	214	205
Under 96kg		303	294	285	275	266	256	246	236	227	218	209
Under 102kg		306	297	288	278	268	259	248	238	229	220	211
102+kg		-	-	-	-	-	-	259	249	239	229	220
Under 109kg		312	303	294	283	274	264	-	-	-	-	-
109+kg		327	317	308	297	286	276	-	-	-	-	-
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												