



Here are the Qualifying Totals for the Scottish Powerlifting Championships that require a QT.

WOMEN

	Classic	Seniors
	2018	
Wt. Class		
47	185.0	205.0
52	200.0	222.5
57	215.0	237.5
63	232.5	260.0
72	255.0	285.0
84	280.0	312.5
84+	290.0	325.0

MEN

	Classic	Seniors
	2018	
Wt. Class		
59	405.0	462.5
66	445.0	510.0
74	487.5	555.0
83	525.0	600.0
93	557.5	637.5
105	585.0	670.0
120	610.0	695.0
120+	620.0	707.5

Please note that no QTs are required for Bench Only Competitions

The Scottish Powerlifting Classic Championship – This is a Championship for those Members who have attained the appropriate **Classic Qualifying Total** as a **Classic (Unequipped) Lifter**. This is an Open event i.e. there are no age groups, just weight classes. Only members who have achieved the relevant QT will be permitted to compete at this event.



The Scottish Powerlifting Seniors Championship – This is a Championship for those Members who have attained the appropriate **Seniors Qualifying Total**, the qualifying total may be achieved by any member lifting equipped or unequipped. This is an Open event i.e. there are no age groups, just weight classes. Only members who have achieved the relevant QT will be permitted to compete at this event.

There has been some confusion in the past regarding entry in the Seniors Championship with members assuming that the Seniors is for equipped lifters only. This is not the case, as long as you have attained the Seniors QT, you are eligible to enter. **However**, all members regardless of whether they compete equipped or classic (unequipped) would compete in the same appropriate weight class.

Obviously equipped lifters will have an advantage from the equipment they wear, but that is each Members choice. A classic lifter who wants to qualify and compete in the Seniors Championship does not have to wear the full equipped set of equipment - Squat / Deadlift Suit, Bench Shirt, Knee Wraps, Wrist Wraps to attain the QT or compete in the Seniors Championship.

Classic lifters who wish can compete using any combination of the equipped kit in any competition that is not designated classic (unequipped) only, but of course would be competing as an equipped lifter. EG squat suit and/ or knee wraps for the squat.

It is hoped that by clarifying the entry requirements for the Scottish Seniors, that members might wish to try another discipline in the sport and try equipped lifting, but initially maybe not using all of the equipped kit. It is hoped that some 'Come and Try' workshops will be offered by experienced equipped lifters.

If you have any questions regarding the qualifying totals please contact the Competition Secretary at compsec@scottishpowerlifting.com.