

CATALYST ATHLETICS WEIGHTLIFTING LEVELS

LEVEL 1

The Level 1 classification is based on a 75% bodyweight snatch for 85kg men and equivalent snatches relative to bodyweight for the remaining classes based on the performances of Level 6 lifters. These lifters have recently taken up weightlifting and are still developing technically and physically, and likely have flexibility limitations. They may also have a large disparity between strength and Olympic lift performance not shown here.

LEVEL 1 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
56	107	48	59	75	64
62	118	53	65	83	71
69	127	57	70	89	76
77	136	61	75	95	82
85	143	64	79	100	86
94	149	67	82	105	90
105	156	70	86	109	94
105+	167	75	92	117	100

LEVEL 1 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
48	69	31	38	48	41
53	78	35	43	55	47
58	85	38	47	59	51
63	89	40	49	62	54
69	94	42	52	66	56
75	100	45	55	70	60
75+	116	52	64	81	70

All figures are in kilograms

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LEVEL 2

The Level 2 classification is based on a bodyweight snatch for 85kg men and equivalent snatches relative to bodyweight for the remaining classes based on the performances of Level 6 lifters. These intermediate lifters have some training experience but are still refining their lifting technique and developing their strength base and possibly flexibility.

LEVEL 2 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
56	143	64	79	100	86
62	158	71	87	111	95
69	167	75	92	117	100
77	178	80	98	125	107
85	190	85	105	133	114
94	198	89	109	139	119
105	205	92	113	144	123
105+	221	99	122	155	132

LEVEL 2 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
48	91	41	50	64	55
53	105	47	58	73	63
58	112	50	62	78	67
63	118	53	65	83	71
69	127	57	70	89	76
75	134	60	74	94	80
75+	154	69	85	108	92

All figures are in kilograms

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LEVEL 3

The Level 3 classification is based on the average level 2 and level 4 totals. These lifters are more advanced intermediates and are still refining their lifting technique and developing their strength base and possibly flexibility, and are bordering on national level competition.

LEVEL 3 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
56	157	71	86	110	94
62	173	78	95	121	104
69	190	86	105	133	114
77	209	94	115	146	125
85	225	101	124	158	135
94	233	105	128	163	140
105	241	108	133	169	145
105+	261	117	144	183	157

LEVEL 3 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
48	103	46	57	72	62
53	115	52	63	81	69
58	127	57	70	89	76
63	135	61	74	95	81
69	142	64	78	99	85
75	147	66	81	103	88
75+	164	74	90	115	98

All figures are in kilograms

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LEVEL 4

The Level 4 classification is based on 80% of the average totals of the top 3 lifters from the 2012-2014 American Open. This represents the lower tier of national level lifters. Lifters in this category are fairly technically proficient and strong, but are still developing and refining and may still lack technical consistency.

LEVEL 4 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
56	170	77	94	119	102
62	188	85	104	132	113
69	213	96	117	149	128
77	240	108	132	168	144
85	259	117	142	181	155
94	268	120	147	187	161
105	277	124	152	194	166
105+	300	135	165	210	180

LEVEL 4 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
48	114	51	63	80	68
53	124	56	68	87	75
58	142	64	78	99	85
63	152	68	83	106	91
69	156	70	86	109	93
75	160	72	88	112	96
75+	174	78	96	122	104

All figures are in kilograms

CATALYST ATHLETICS WEIGHTLIFTING LEVELS

LEVEL 5

The Level 5 classification is based on the average totals of the top 3 finishers at the 2012-2014 US National Championships. Lifters at this level are technically proficient and consistent and have good strength levels and mobility, although still may be improving these things, are at the top of US national level competition, and may be competing at the lower international level.

LEVEL 5 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
56	200	90	110	140	120
62	245	110	135	171	147
69	278	125	153	195	167
77	305	137	168	213	183
85	326	147	179	228	196
94	343	154	189	240	206
105	350	158	193	245	210
105+	376	169	207	263	226

LEVEL 5 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
48	143	64	78	100	86
53	159	72	88	112	96
58	184	83	101	129	111
63	189	85	104	133	114
69	196	88	108	138	117
75	210	95	116	147	126
75+	237	107	130	166	142

All figures are in kilograms

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LEVEL 6

The Level 6 classification represents lifters of mid-level world championships performance and is based on the average of the Level 5 and Level 7 totals. These lifters have established consistent technique optimal for themselves and reached exceptional strength levels.

LEVEL 6 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
56	245	110	135	172	147
62	282	127	155	197	169
69	296	133	163	207	178
77	335	151	184	235	201
85	356	160	196	249	214
94	374	168	206	262	224
105	383	172	211	268	230
105+	414	186	228	290	248

LEVEL 6 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
48	168	76	92	118	101
53	188	85	103	132	113
58	209	94	115	146	125
63	218	98	120	153	131
69	229	103	126	160	137
75	244	110	134	171	146
75+	278	125	153	195	167

All figures are in kilograms

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LEVEL 7

The Level 7 classification is based on the average totals of the top 3 finishers at the 2012 Olympics and 2013-2014 World Championships. This category represents the absolute best of the sport in all aspects of weightlifting performance.

LEVEL 7 MEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
56	290	131	160	203	174
62	319	144	175	223	191
69	341	153	188	239	205
77	365	164	201	255	219
85	385	173	212	270	231
94	405	182	223	283	243
105	417	188	230	292	250
105+	451	203	248	316	271

LEVEL 7 WOMEN

Bodyweight	Total	Snatch	Clean & Jerk	Back Squat	Front Squat
48	192	86	106	134	115
53	217	98	119	152	130
58	233	105	128	163	140
63	246	111	135	172	148
69	262	118	144	183	157
75	278	125	153	195	167
75+	319	144	176	224	192

All figures are in kilograms