

Texas State Weightlifting Championships

Best Lifter Funding Document

The Texas State Weightlifting Championships provides significant cash prizes to the athletes that win the best lifter award. This document contains all the information and requirements for winning any portion of the cash prize. Each year may vary slightly from the previous year. However, a funding document will be published prior to the start of competition. The document shall be considered final and will not change unless there is a material and obvious error or omission within the document.

Aside from creating documented procedures for payouts, the purpose of this document is to help serve the Texas Weightlifting community by providing exposure and knowledge on how to qualify for international teams. While not all of USA Weightlifting's (USAW) international team qualification requirements need to be met, such as the 6-month RTP requirement, most of the USAW selection procedures will be used in terms of ranking across categories using the athlete's total.

The document will contain several sections:

- Eligibility
- Age Groups and Age Specific Weight Categories
- Payouts
- Scoring
- Examples

Please refer all questions to Robert Sirkis via email at RobertSirkis@hotmail.com

Eligibility

Eligibility will mirror the Texas Incentive Programs ([TIPS](#)). Information listed in this document will take precedence in the event of any conflicting information contained on the Texas Weightlifting website. An athlete must be a member in good standing with USAW and meet the below eligibility requirements to win a Best Lifter award:

- Membership must list Texas-Oklahoma as the WSO
- A lifter must have competed in a Texas State Meet Qualifying Event in the 12 months prior to the Texas State Weightlifting Championships
- The lifter must be a resident of Texas
 - Lifters aged 16 and older must possess a valid Texas ID or Driver's License
 - Parents of athletes aged 15 and under must possess a valid Texas ID or Driver's Licenses
- Exceptions
 - College Students

- An athlete can attain residency in another state if they attend a college or university on campus that would make the athlete eligible for the national university championship provided they were a Texas Resident before attending school
 - Military Exceptions
 - An athlete, or an athlete's parent, that is active military and stationed in Texas will be considered a Texas resident
 - All Other Exceptions
 - All other exceptions may be requested by email to the Meet Director (currently Robert Sirkis – robertsirkis@hotmail.com) prior to registration opening.
 - The Texas Weightlifting Championships Board of Directors will determine whether an exception will be granted via simple majority vote.
 - A decision will be made prior to December 1
 - A refund will NOT be allowed based on an unfavorable decision.
- Drug Testing
 - In the event the State Meet is drug tested, and a best lifter is selected for drug testing, funds will not be paid out until the results have been received and no sanction is imposed because of the test.
 - In the event an athlete named best lifter has been selected for drug testing prior to the State Meet, funds will not be paid until the results have been received and no sanction is imposed because of the test.
 - An athlete must attest to not having any open drug tests prior to receiving payment.
- Event Entry and Results
 - An athlete must be registered in same category to win the age specific best lifter.
 - Example: An athlete registered in the Senior category will not be eligible for the Youth, Junior, or U20 categories even if their age indicates they would be in any of those divisions.
 - An athlete may not win the best youth and best junior lifter.
 - Example: An athlete registered in the Master category will not be eligible for the Senior category.
 - Will be eligible for the Open category.
 - An athlete must win gold to win the age specific best lifter.
- Make Weight
 - All Senior and Junior athletes must make weight in their registration category.
 - Master and Youth athletes are allowed to move up at weigh in per current USAW regulations.

Age Groups and Age Specific Weight Categories

The Texas State Weightlifting Championships will recognize the best lifter in each age category for each gender and the best overall lifters from 2 age groups, Open and U20, combining male and female results. An athlete's age on December 31 of the year of competition will determine the age at the time of the event. The age groups are defined below:

Age Specific Best Lifter

USAW ages differ slightly from the IWF rulebook as there will be no minimum age for the youth, junior, and senior categories. A lifter from both genders will be named an age specific best lifter for a total of 8. The lifter must compete in the age category to be named best age specific lifter. Example, a lifter signed up to compete in the youth category can only win the best youth lifter. They will not be eligible to double/triple dip as the best junior and/or senior lifter.

- Youth – 17U
- Junior – 20U
- Senior – Any age
- Master – 35+

Overall Best Lifter

There will only be 2 categories for the best overall lifter with a max of 3 athletes per category named best overall lifter. A lifter from the U20 can be named best lifter in the U20 and Open categories.

- Open – All lifters are included
- U20 – Only youth and junior lifters are included

Age Specific Weight Categories

The IWF provides youth weight categories and they vary slightly from all other weight categories. USAW provides for multiple age divisions in the youth category and each of those categories have their own unique weight categories. All best lifter awards will utilize the IWF specified categories for ranking. Any athlete not competing in an IWF category will be placed in the proper category based on body weight at weigh in. Below are some examples:

- Youth Best Lifter
 - Any youth female athlete competing in the 40kg category or less will be in the 40kg category
 - Any youth male athlete competing in the 49kg or less will be in the 49kg category
 - Any youth athlete aged 15 and under that competes in their respective top category will be placed in the proper IWF Youth category based on body weight
- All Other Best Lifter Awards
 - Any youth female athlete ranked in the 40kg category will be in the 45kg category
 - Any youth male athlete ranked in the 49kg will be in the 55kg category
 - Any youth athlete ranked in their respective top category will be placed in the proper IWF Senior category based on body weight

Payouts

The State Meet Payouts are listed below:

Total Cash Payout: \$9,000

Age Specific Best Lifter

Age Category	Payout/Gender	Total
Youth	\$250	\$500
Junior	\$250	\$500
Senior	\$250	\$500
Master	\$250	\$500

Overall Best Lifter

Category	Overall First	Overall Second	Overall Third
Open	\$2,000	\$1,000	\$500
U20	\$2,000	\$1,000	\$500



Scoring

The Best Lifter will be determined by the USA Weightlifting procedures in place at the time of registration to qualify for the appropriate age category's world championship. Note that the backup will be Sinclair or for masters Sinclair Meltzer Faber (SMF) should a policy not be available or the policy in place can't be applied.

Currently USA Weightlifting uses the NRS. Each category has a ranking total that an athlete's total will be divided by to determine a score. Below are the totals that will be used for the 2024 Texas State Weightlifting Championships. [USAW selection document used for NRS scoring.](#)

Senior									
Female									
45	49	55	59	64	71	76	81	87	+87
166	195	206	230	231	244	249	250	251	291
Male									
55	61	67	73	81	89	96	102	109	+109
260	294	321	342	362	374	389	392	406	453

Junior									
Female									
45	49	55	59	64	71	76	81	87	+87
150	167	194	198	209	220	221	222	223	246
Male									
55	61	67	73	81	89	96	102	109	+109
228	267	301	319	331	340	350	356	373	388

Youth									
Female									
40	45	49	55	59	64	71	76	81	+81
118	143	157	173	183	191	197	199	205	210
Male									
49	55	61	67	73	81	89	96	102	+102
183	223	250	270	285	295	304	312	313	314

The lifters with the highest % will be named the best lifters. For the best lifter in each category, the lifters must win the gold medal in their weight category. For the best overall lifters, multiple winners can be from the same weight category. Masters will use SMF.

Examples

Here are some examples for the Overall Best Lifter.

Top 3 Female NRS scores

F1 – 90%

F2 – 88%

F3 – 80%

Top 3 Male NRS scores

M1 – 91%

M2 – 87%

M3 – 86%

Cash prize winners will be

First: M1

Second: F1

Third: F2

M1 would receive a total of \$2,250 (\$2,000 best overall + \$250 best open male lifter)

F1 would receive a total of \$1,250 (\$1,000 second overall + \$250 best open female lifter)

F2 would receive a total of \$500

