

**Veteran Male**

		WKSF only IUKL & IGSF								
	Age	40-44	45-49	50-54	55-59	60-64	65-69	70-75	70+	75+
		24kg	24kg	24kg	24kg	16kg	16kg	16kg	12kg	12kg
Biathlon	85kg+	65	62	59	56	128	118	107	134	122
Longcycle	85kg+	32	30	29	27	71	60	49	79	72

Biathlon 1 point per Jerk rep , 0.5 point per Snatch rep

Longcycle 1 point per rep

**Veteran Female - Single Bell**

	Age	WKSF Only				IUKL only		WKSF only IUKL & IGSF		
		35-39 16kg	40-44 16kg	45-49 16kg	50-54 16kg	50-54 12kg	55-59 12kg	60-64 12kg	60-64 8kg	65+ 8kg
Snatch only		60	57	54	51	81	70	63	97	85
One Arm Long cycle		76	72	69	65	78	72	61	92	84

Longcycle 1 point per rep

Snatch Only 1 point per rep

**Veteran Female - Double Bells**

	Age	WKSF Only			IUKL only		WKSF only IUKL & IGSF			
		35-39 16kg	40-44 16kg	45-49 16kg	50-54 16kg	50-54 12kg	55-59 12kg	60-64 12kg	60-64 8kg	65+ 8kg
Double Longcycle		28	27	25	24	43	38	33	54	46
Double Jerk only		37	35	33	32	63	55	48	72	67
Double Biathlon		73	69	66	62	121	100	89	132	126

Biathlon 1 point per Jerk rep , 0.5 point per Snatch rep

Longcycle 1 point per rep

Jerk Only 1 point per rep

