

# EKA Veteran Ranking Tables

## MEN'S VETERANS/SENIOR

MEN'S VETERANS/SENIOR BIATHLON							
Body Weight (kg)	24KG KETTLEBELL				16KG KETTLEBELL		12KG
	40-44	45-49	50-54	55-59	60-64	65-69	70+
73kg	65	62	59	56			
85kg	79	75	71	68	128	118	
85kg+	88	84	79	75	134	125	134

SCORING PROTOCOL: BIATHLON 1 POINT PER JERK REP, 0.5 POINT PER SNATCH REP. NUMBERS ABOVE ARE A COMBINED SCORE FOR BOTH LIFTS.

MEN'S VETERANS/SENIOR LONG CYCLE							
Body Weight (kg)	24KG KETTLEBELL				16KG KETTLEBELL		12KG
	40-44	45-49	50-54	55-59	60-64	65-69	70+
73kg	32	30	29	27			
85kg	39	37	35	33	71	60	
85kg+	45	43	41	39	79	66	79

SCORING PROTOCOL: LONG CYCLE 1 POINT PER LONG CYCLE REP.

## WOMEN'S VETERANS/SENIOR [SINGLE BELL]

WOMEN'S VETERANS/SENIOR SNATCH ONLY							
Body Weight (kg)	16KG KETTLEBELL			12KG KETTLEBELL		8KG KETTLEBELL	
	35-39	40-44	45-49	50-54	55-59	60-64	65+
63kg	60	57	54				
68kg	67	64	60	81	70		
68kg+	71	67	64	85	74	97	85

SCORING PROTOCOL: SNATCH ONLY 1 POINT PER SNATCH REP.

WOMEN'S VETERANS/SENIOR LONG CYCLE (1x Bell)							
Body Weight (kg)	16KG KETTLEBELL			12KG KETTLEBELL		8KG KETTLEBELL	
	35-39	40-44	45-49	50-54	55-59	60-64	65+
63kg	68	65	61				
68kg	72	68	65	78	72		
68kg+	76	72	69	84	76	92	84

SCORING PROTOCOL: LONG CYCLE 1 POINT PER LONG CYCLE REP.

## WOMEN'S VETERANS/SENIOR [DOUBLE BELLS]

WOMEN'S VETERANS/SENIOR LONG CYCLE							
Body Weight (kg)	16KG KETTLEBELL			12KG KETTLEBELL		8KG KETTLEBELL	
	35-39	40-44	45-49	50-54	55-59	60-64	65+
63kg	28	27	25				
68kg	31	29	28	43	38		
68kg+	36	34	32	46	41	54	46

SCORING PROTOCOL: LONG CYCLE 1 POINT PER LONG CYCLE REP.

WOMEN'S VETERANS/SENIOR JERK ONLY							
Body Weight (kg)	16KG KETTLEBELL			12KG KETTLEBELL		8KG KETTLEBELL	
	35-39	40-44	45-49	50-54	55-59	60-64	65+
63kg	37	35	33				
68kg	42	40	38	63	55		
68kg+	48	46	43	67	58	72	67

SCORING PROTOCOL: JERK ONLY 1 POINT PER JERK REP.

WOMEN'S VETERANS/SENIOR BIATHLON (1x Bell)							
Body Weight (kg)	16KG KETTLEBELL			12KG KETTLEBELL		8KG KETTLEBELL	
	35-39	40-44	45-49	50-54	55-59	60-64	65+
63kg	132	125	119				
68kg	141	134	127	156	141		
68kg+	148	141	134	162	148	174	162

SCORING PROTOCOL: BIATHLON 1 POINT PER JERK REP, 1 POINT PER SNATCH REP. NUMBERS ABOVE ARE A COMBINED SCORE FOR BOTH LIFTS.

WOMEN'S VETERANS/SENIOR BIATHLON							
Body Weight (kg)	16KG KETTLEBELL			12KG KETTLEBELL		8KG KETTLEBELL	
	35-39	40-44	45-49	50-54	55-59	60-64	65+
63kg	73	69	66				
68kg	82	78	74	121	100		
68kg+	91	86	82	126	108	132	126

SCORING PROTOCOL: BIATHLON 1 POINT PER JERK REP, 0.5 POINT PER SNATCH REP. NUMBERS ABOVE ARE A COMBINED SCORE FOR BOTH LIFTS.