

## **WLS ALLOCATION PROCESS FOR SCOTTISH SENIORS – 22nd November 2025**

### **Purpose:**

The purpose of this document is to detail the process for allocating spaces for the Scottish Seniors, to be held on 22<sup>nd</sup> November 2025.

### **Information:**

#### **1. Entries:**

There are 2 Scottish competitions per year which have a qualifying total – The Scottish Classic and Scottish Seniors.

For the 2025 Scottish Seniors, 70 places will be available.

#### **2. Venue:**

For the occasion of the Scottish Seniors, 22<sup>nd</sup> November, CrossFit APC, Unit 8 Fleming Court, 2 North Ave, Clydebank G81 2DR is the venue.

#### **3. Trophies / Best lifter awards:**

Best male and female lifters will be awarded per Sinclair score – with their names inscribed onto the David Webster memorial shield.

### **Qualification Process:**

#### **4. Qualification Standards**

<b>Male Category</b>	<b>Total</b>	<b>Female Category</b>	<b>Total</b>
60kg	166kg	48kg	101kg
65kg	182kg	53kg	109kg
71kg	200kg	58kg	116kg
79kg	214kg	63kg	122kg
88kg	226kg	69kg	128kg
94kg	233kg	77kg	136kg
110kg	249kg	86kg	143kg
110kg+	256kg	86kg+	147kg

#### **5. Quota places, qualification period and selection:**

35 places for Male and 35 places for Female lifters.

Qualification Period is 1<sup>st</sup> January 2025 to 30<sup>th</sup> September 2025 (inclusive) – lifters must have registered a total from a competition on Sport80 which took place between these dates.

The cut off for the ranking list will be 30<sup>th</sup> September 2025 and from that the invite process will begin.

First wave of invites for all 70 spaces will be issued by 7<sup>th</sup> October, with replies required by 13<sup>th</sup> October.

Remaining spaces will then be issued individually until all spaces are allocated.

Absolute final date for entries will be 7<sup>th</sup> November.

## **6. Allocation / Invite process:**

The overarching method is to issue invites to the top 3 in each weight category, spaces remaining are offered those to lifters who are closest to the top 3 in their weight category, by comparing all of those in 4<sup>th</sup> place, then ranking them. If spaces remain, compare all of those in 5<sup>th</sup> place, then ranking them and so on. This will continue until all 35 spaces in each gender have been allocated and invites will be issued.

If a lifter does not accept their invite (may be working, on holiday, qualified over 2 weight classes etc), then the next qualified lifter in that weight class will be offered the invite, if a weight class exhausts all qualifiers, the space then reverts to the next ranked lifter when comparing all remaining weight classes.

## **7. Other information:**

Where 2 or more lifters are the same x kg from top 3 in different weight classes, the lifter with the higher Sinclair score will be ranked higher.

As per the TCRR's (Nov 2023), rules 6.1.2 and 6.1.3 will apply with regards to moving body weight categories – in both cases the final cut off is 10 days prior to the event, in this case 12<sup>th</sup> November 2025.

There is currently a review of the TCRR's which may include provision for lifters to elect to attempt their Clean & Jerks even if failing to achieve a snatch total, due to operational constraints, this will not be offered to lifters for the Scottish Seniors (or Classic) in 2025.

WLS reserves the right to redistribute places between male and female if spaces remain after every eligible lifter has been invited from either gender.