

Categ	ID#	Accomplishment	2018 Points*	2021 Points*
C	1	Olympic/Sr. World Champion in Total	25	NC
C	2	Olympic/Sr. World Champion Silver Medalist in Total	15	NC
C	3	Olympic/Sr. World Champion Bronze Medalist in Total	10	NC
C	4	PAC/G Gold Medal in Total - 2016 or later	8	4
C	5	PAC/G Silver Medal in Total - 2016 or later	5	2.5
C	6	PAC/G Bronze Medal in Total - 2016 or later	3	1.5
C	7	PAC/G Gold Medal Ind Lift - 2016 or later	3	1.5
C	8	PAC/G Medal Ind Lift - 2016 or later	2	1
C	9	PAC/G Gold Medal in Total - Before 2016		2
C	10	PAC/G Silver Medal in Total - Before 2016		1.25
C	11	PAC/G Bronze Medal in Total - Before 2016		0.75
C	12	PAC/G Gold Medal Ind Lift - Before 2016		0.75
C	13	PAC/G Medal Ind Lift - Before 2016		0.5
C	14	JWC Gold Medal in Total	8	NC
C	15	JWC Silver Medal in Total	5	NC
C	16	JWC Bronze Medal in Total	3	NC
C	17	JWC Gold Medal Ind Lift	3	NC
C	18	JWC Medal Ind Lift	2	NC
C	19	WC Gold Ind Lift	8	NC
C	20	WC Silver Ind Lift	5	NC
C	21	WC Bronze Ind Lift	3	NC
C	22	YOG or WC Gold Medal (total)	2	NC
C	23	YOG or WC Medal (total)	1	NC
C	24	USAW. National Champ (4 to 7 double pts, 8 or > triple)	1	NC
O	25	USAW Lifter of the Year	5	NC
O	26	Best Lifter at the USAW National Championships	5	NC
T	27	Olympic Team Member After 1996 (+50% if 2 or more)	3	5
T	28	Olympic Team in 1996 or Before (+50% if 2 or more)	2	NC
T	29	Olympic Team Alternate After 1996	2	NC
T	30	Sr. World Team Member if competed/was prevented**	2	Clarification
T	31	PAC/G Team Member	1	NC
T	32	World Team Alternate	1	NC
R	33	Senior World Record Total or Individual Lift	25	NC
R	34	Jr. World Record Total	10	NC
R	35	Jr. World Record Individual Lift	5	NC
R	36	Pan Am Record Total	7	NC
R	37	Pan Am Record Individual Lift	3	NC
R	38	Sr. American Record Total	2	NC
R	39	Sr. American Record Individual Lift	1	NC
R	40	Youth WR Total	2	NC
R	41	Youth WR Individual Lift	1	NC

*Athletes earn highest applicable points for one competitive performance, but not points for two things (e.g, if athlete earned the highest number of points for the total, he/she wouldn't also receive points for a medal in and individual lift at that meet)

**If selected & competed, or was injured after selection, or was withdrawn by coaches without athlete cause (e.g., final entries showed athlete in a different category could earn more team points on create some other overall advantage for the US)

Category Codes

C=Sr. National Champion in Total OR Medalist in Major International Competition

O=Best Lifter of Year at Sr. Nationals or USAW Sr. Lifter of the Year

T= Making an Olympic, World Championship, or PAChampionships/Games Team

R= Making a Sr. American, Sr. Pan Am, Sr. World, Jr. World or Youth World Record