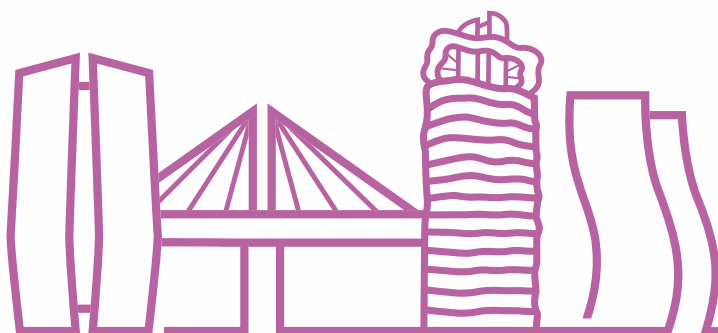


WEIGHTLIFTING



Junior Pan American
Games



WEIGHTLIFTING

EVENTS

Men (5)	Women (5)
61 kg	49 kg
73 kg	59 kg
89 kg	71 kg
102 kg	81 kg
+102 kg	+ 81kg

QUOTA

	Qualification	Host NOC	Total
Men	37	3	40
Women	37	3	40
Total	74	6	80

MAXIMUM QUOTA PER NOC

Men	3
Women	3
Total	6

Athletes' eligibility

The athletes must have signed and submitted the Athlete Eligibility Condition Form.

According to the Pan Am Sports nomenclature for the Junior Pan American Games, all athletes must be U21 category, born between 2005 – 2010.

Qualification system

QUALIFICATION EVENTS

Date	Competition	Qualified athletes
March 10 – 16, 2025	2025 Junior Pan American Championship Havana, CUB	40 women 40 men



Qualification will be as follows:

1. Based on the Pan American Ranking after the only qualification event which is the 2025 Junior Pan American Championships, to be held on March 10 – 16, 2025.
2. The maximum number of athletes per weight division will be 8 athletes per gender (male and female).
3. 7 quotas for qualified countries and 1 quota for the host country or Wild Card.
4. A category that does not complete the 8 quotas by qualification or with the host country will be completed by Wild Card.
5. The maximum quota guaranteed for the host country will be 3 quotas per gender (male and female).

Confirmation of quotas

The Pan American Weightlifting Federation (PAWF) will confirm to Panam Sports and to the NOCs the places that each NOC has qualified no later than March 21, 2025.

The NOCs will confirm to Panam Sports and the PAWF the places they will use no later than March 28, 2025.

Reallocation of unused quotas

If necessary, the PAWF will reallocate unused quotas to the next NOC (Based on the Pan American ranking) that has not yet qualified, no later than March 31, 2025.

The NOCs that received reallocated quotas must confirm their participation no later than April 4, 2025.

Qualification for the Lima 2027 Pan American Games

In Weightlifting, all gold medalists of individual events will obtain direct qualification for the Lima 2027 Pan American Games. A total of 5 places for each gender (10 in total) will be allocated in these competitions.

The places obtained are for the athletes, not for the country. If the athlete who earned the quota cannot participate in the Lima 2027 Pan American Games, the quota will be lost and may not be transferred to the country or to any other athlete placed in another position in the II Junior Pan American Games Asuncion 2025.



TIMELINE

Date	Key event
March 10 – 16, 2025	2025 Junior Pan American Championship Havana, CUB
March 21, 2025	The PAWF will confirm to Panam Sports and to the NOCs the places that each NOC has qualified
March 28, 2025	The NOCs will confirm to Panam Sports and the PAWF the quotas they will use
March 31, 2025	Reallocation of unused quotas
April 4, 2025	NOCs that received reallocated quotas must confirm their participation
May 9, 2025	Entry by number deadline
July 19, 2025	Entry by name deadline

