

BRITISH POWERLIFTING INTERNATIONAL SELECTION LIFTER TIMETABLE

Note: This table has been produced for guidance only and should not be used by any member of British Powerlifting in lieu of the complete international selection procedure which is available on the British Powerlifting official website.

Time Period	Action	Selection Procedure Para
Prior to the British Championships	If you cannot compete at the relevant British Championship but wish to be considered for an international team you must apply to the executive for special dispensation.	7.1
British Championships	All lifters that wish to be considered must lift at their relevant British Championships (unless they have prior permission from the board).	7.1
6-7 weeks later	The International Shortlist detailing lifters to be considered for international competition for that year is announced.	13-14
Within 1 month	All lifters must have accepted their place on the international shortlist and complied with all other requests of British Powerlifting.	15
Throughout the year	Squad sessions for the International Shortlist will always be held for seniors and, by discretion of the Head Coach, for masters and juniors / sub-juniors. Lifters on the shortlist have certain ongoing requirements – please see the procedure for these.	17-18
4 weeks prior to international competition nominations	Lifters (from the Shortlist) will be informed of their nomination and should respond (including submission of relevant forms) within 1 week.	19-23
International Competition	Nominated lifters compete internationally for Great Britain & NI	-