

**Changes to Minimum Start (or Entry) Total
when an athlete changes weight category**

Moving Up	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80+
55 -> 61	+14	+12	+11	+11	+10	+9	+8	+6	+6	+4
61 -> 67	+11	+11	+11	+9	+8	+7	+7	+6	+5	+4
67 -> 73	+11	+10	+9	+9	+8	+7	+6	+6	+4	+4
73 -> 81	+12	+11	+10	+9	+8	+8	+6	+5	+5	+4
81 -> 89	+10	+10	+9	+8	+8	+6	+6	+5	+4	+4
89 -> 96	+7	+7	+6	+6	+5	+5	+4	+4	+3	+2
96 -> 102	+5	+5	+5	+4	+4	+3	+4	+3	+3	+2
102 -> 109	+6	+5	+5	+5	+4	+4	+3	+3	+2	+2
109 -> 109+	+4	+4	+4	+3	+3	+3	+2	+2	+2	+1

Moving Up	W35	W40	W45	W50	W55	W60	W65	W70
45 -> 49	+6	+6	+5	+5	+5	+4	+4	+3
49 -> 55	+9	+8	+8	+6	+6	+6	+4	+4
55 -> 59	+6	+5	+4	+4	+3	+3	+3	+2
59 -> 64	+5	+6	+5	+5	+4	+3	+3	+3
64 -> 71	+8	+6	+6	+5	+5	+5	+4	+3
71 -> 76	+4	+5	+4	+4	+3	+2	+2	+2
76 -> 81	+4	+3	+3	+2	+3	+2	+2	+2
81 -> 87	+4	+4	+3	+4	+3	+3	+2	+1
87 -> 87+	+8	+8	+7	+6	+5	+5	+4	+4