

WNPF WORLDS QUALIFICATION CHART

There are two ways to qualify for the WNPF WORLDS for most divisions. All lifters must qualify for worlds every year.

Please check your division below, Thank you

YOUTH LIFTERS (7-12 YRS OLD)- must place in the top 2 in at least two WNPF events starting from January 1, 2020 to The day before the 2020 world championships.

TEENAGE LIFTERS- must have a minimum total below or place in the top 2 in at least two WNPF events starting from January 1, 2020 to The day before the 2020 world championships.

FULL POWER (TEENS)								
WOMEN								
RAW								
97-200	105-250	114-300	123-350	132-400	148-450	165-500	181-550	SHW-600
RAW CLASSIC								
97-250	105-300	114-350	123-400	132-450	148-500	165-550	181-600	SHW-650
SINGLE PLY								
97-300	105-350	114-400	123-450	132-500	148-550	165-600	181-650	SHW-700

SINGLE LIFTS (TEENS)								
WOMEN								
TEENS								
BENCH PRESS- RAW								
97-45	114-55	123-65	132-75	148-85	165-95	181-100	SHW-105	

DEADLIFT-RAW							
97-85	114-105	123-125	132-145	148-165	165-185	181-200	SHW-215
SQUAT RAW							
97-115	114-135	123-155	132-175	148-195	165-215	181-230	SHW-245

FULL POWER (TEENS)								
MEN								
RAW								
114-400	123-500	132-600	148-700 275-1150	165-750 308-1200	181-850 SHW-1250	198-950	220-1050	242-1100
RAW CLASSIC								
114-450	123-550	132-650	148-750 275-1200	165-800 308-1250	181-900 SHW-1300	198-1000	220-1100	242-1150
FULL POWER SINGLE PLY								
114-500	132-600	132-700	148-800 275-1250	165-850 308-1300	181-950 SHW-1350	198-1050	220-1150	242-1200

SINGLE LIFTS								
MEN-TEENS								
BENCH PRESS-RAW								
114- 60	114-100	123-130	132-150	148-165	165-180	181-185	198-190	220-195
		242-200	275-225	308-250	SHW-275			
DEADLIFT RAW								
114-100	114-140	123-170	132-190	148-205	165-220	181-225	198-230	220-235
		242-240	275-265	308-290	SHW-325			

JUNIOR LIFTERS- must have a minimum total below or place in the top 2 in at least two WNPF events starting from January 1, 2020 to The day before the 2020 world championships.

JUNIOR FULL POWER (WOMEN)								
RAW								
97-300	114-350	123-400	132-450	148-500	165-550	181-600	SHW-650	
RAW CLASSIC								
97-350	114-400	123-450	132-500	148-550	165-600	181-650	SHW-700	
SINGLE PLY								
97-400	114-450	123-500	132-550	148-600	165-650	181-700	SHW-750	
SINGLE LIFTS (WOMEN)								
JUNIORS								
RAW BENCH ONLY								
97-45	105-55	114-65	123-75	132-85	148-95	165-110	181-125	SHW-135
EQUIPPED BENCH ONLY								
97-55	105-55	114-65	123-75	132-85	148-105	165-120	181-135	SHW-145
RAW DEADLIFT ONLY								
97-100	105-130	114-160	123-190	132-220	148-250	165-270	181-285	SHW-310
EQUIPPED DEADLIFT ONLY								
97- 120	105-150	114-180	123-210	132-240	148-270	165-290	181-305	SHW-330
RAW SQUAT ONLY								
97-80	105-105	114-130	123-155	132-180	148-205	165-230	181-255	SHW-280
EQUIPPED SQUAT ONLY								
97-120	105-145	114-170	123-195	132-220	148-245	165-270	181-295	SHW-320
MEN								

RAW

97-300	114-350	123-400	132-450	148-500	165-550	181-600	SHW-650
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RAW CLASSIC

97-350	114-400	123-450	132-500	148-550	165-600	181-650	SHW-700
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SINGLE PLY

97-400 114-450 123-500 132-550 148-600 165-650 181-700 SHW-750

SINGLE LIFTS (WOMEN)

JUNIORS

RAW BENCH ONLY

97-45	105-55	114-65	123-75	132-85	148-95	165-110	181-125	SHW-135
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EQUIPPED BENCH ONLY

97-55	105-55	114-65	123-75	132-85	148-105	165-120	181-135	SHW-145
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RAW DEADLIFT ONLY

97-100	105-130	114-160	123-190	132-220	148-250	165-270	181-285	SHW-310
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EQUIPPED DEADLIFT ONLY

97-120	105-150	114-180	123-210	132-240	148-270	165-290	181-305	SHW-330
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RAW SQUAT ONLY

97-80 105-105 114-130 123-155 132-180 148-205 165-230 181-255 SHW-280

EQUIPPED SQUAT ONLY

97-120	105-145	114-170	123-195	132-220	148-245	165-270	181-295	SHW-320
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MEN

JUNIOR MEN FULL POWER**RAW**

114-600	123-700	132-750	148-850 275-1250	165-950 308-1275	181-1050 SHW-1300	198-1100	220-1150	242-1200
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RAW CLASSIC

114-650	123-750	132-800	148-900 275-1300	165-1000 308-1325	181-1100 SHW-1350	198-1150	220-1200	242-1250
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SINGLE PLY

114-700	123-800	132-850	148-950 275-1350	165-1050 308-1375	181-1150 SHW-1400	198-1200	220-1250	242-1300
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SINGLE LIFTS (MEN JUNIORS)**BENCH PRESS ONLY- RAW**

114-60	123-100	132-140	148-180 275-390	165-220 308-400	181-260 SHW-410	198-300	220-340	242-365
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BENCH PRESS ONLY- SINGLE PLY

114-80	123-120	132-160	148-200 275-410	165-240 308-400	181-280 SHW-430	198-320	220-360	242-385
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DEADLIFT RAW ONLY

114-220	123-260	132-310	148-380 275-560	165-430 308-565	181-460 SHW-570	198-490	220-500	242-540
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DEADLIFT EQUIPPED ONLY

114-240	123-280	132-330	148-400 275-580	165-450 308-585	181-480 SHW-590	198-510	220-520	242-560
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SQUAT RAW ONLY

114-100	123-150	132-200	148-250 275-450	165-300 308-475	181-325 SHW-500	198-350	220-375	242-400
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SQUAT EQUIPPED ONLY								
114-150	123-200	132-250	148-300	165-350	181-375	198-400	220-425	242-475
			275-525	308-550	SHW-575			

OPEN LIFTERS **must have a minimum total below** or place in the top 3 in at least two WNPf events starting from January 1, 2020 to The day before the 2020 world championships.

WOMEN FULL POWER OPEN DIVISION								
RAW								
97-350	105-400	114-450	123-500	132-550	148-600	165-650	181-700	SHW-750
RAW CLASSIC								
97-400	105-450	114-500	123-550	132-600	148-650	165-700	181-750	SHW-800
SINGLE PLY								
97-450	105-500	114-550	123-600	132-650	148-700	165-750	181-800	SHW-850
DOUBLE PLY								
97-550	105-600	114-650	123-700	132-750	148-800	165-850	181-900	SHW-950
SINGLE LIFTS (WOMEN) JUNIORS								
RAW BENCH ONLY								
97-95	105-105	114-115	123-125	132-135	148-145	165-160	181-180	SHW-200
EQUIPPED BENCH ONLY								
97-105	105-115	114-125	123-135	132-145	148-155	165-170	181-190	SHW-210
RAW DEADLIFT ONLY								
97-175	105-185	114-190	123-200	132-225	148-250	165-270	181-285	SHW-310

EQUIPPED DEADLIFT ONLY								
97- 185	105-195	114-200	123-210	132-235	148-260	165-280	181-295	SHW-320
RAW SQUAT ONLY								
97-135	105-140	114-145	123-155	132-180	148-205	165-230	181-255	SHW-280
EQUIPPED SQUAT ONLY								
97-145	105-150	114-155	123-175	132-190	148-215	165-240	181-265	SHW-290
MEN FULL POWER OPEN DIVISION								
RAW								
114-700	123-800	132-850	148-950 275-1350	165-1050 308-1375	181-1150 SHW-1400	198-1200	220-1250	242-1300
RAW CLASSIC								
114-750	123-850	132-850	148-1000 275-1400	165-1100 308-1425	181-1200 SHW-1450	198-1250	220-1300	242-1350
SINGLE PLY								
114-800	123-900	132-900	148-1050 275-1450	165-1150 308-1475	181-1250 SHW-1500	198-1300	220-1350	242-1400
DOUBLE PLY								
114-850	123-950	132-950	148-1100 275-1500	165-1200 308-1500	181-1300 SHW-1550	198-1350	220-1400	242-1450
SINGLE LIFTS (MEN OPEN) BENCH PRESS ONLY- RAW								
114-170	123-220	132-250	148-280 275-440	165-310 308-455	181-350 SHW-470	198-375	220-400	242-425

BENCH PRESS ONLY- SINGLE PLY								
114-190	123-240	132-270	148-300 275-460	165-330 308-475	181-370 SHW-490	198-395	220-420	242-445
DEADLIFT RAW ONLY								
114-220	123-260	132-310	148-380 275-560	165-430 308-565	181-460 SHW-570	198-490	220-500	242-540
DEADLIFT EQUIPPED ONLY								
114-240	123-280	132-330	148-400 275-580	165-450 308-585	181-480 SHW-590	198-510	220-520	242-560
SQUAT RAW ONLY								
114-190	123-220	132-250	148-270 275-450	165-300 308-475	181-325 SHW-500	198-350	220-375	242-400
SQUAT EQUIPPED ONLY								
114-210	123-240	132-270	148-290 275-470	165-320 308-495	181-345 SHW-520	198-370	220-395	242-420

SUBMASTER LIFTERS- must have a minimum total below or place in the top 2 in at least two WNPf events starting from January 1, 2020 to The day before the 2020 world championships.

WOMEN								
FULL POWER SUBMASTERS								
RAW								
97-300	105-350	114-400	123-450	132-500	148-550	165-600	181-650	SHW-675
RAW CLASSIC								
97-350	105-400	114-450	123-500	132-550	148-600	165-650	181-700	SHW-725
SINGLE PLY								
97-400	105-450	114-500	123-550	132-600	148-650	165-700	181-750	SHW-775
RAW BENCH ONLY								
97-45	105-55	114-65	123-75	132-95	148-110	165-125	181-135	SHW-145
EQUIPPED BENCH ONLY								
97-55	105-65	114-75	123-85	132-105	148-120	165-135	181-145	SHW-155
RAW DEADLIFT ONLY								
97-100	105-130	114-160	123-190	132-220	148-250	165-270	181-285	SHW-310
EQUIPPED DEADLIFT ONLY								
97- 120	105-150	114-180	123-210	132-240	148-270	165-290	181-305	SHW-330
RAW SQUAT ONLY								
97-80	105-105	114-130	123-155	132-180	148-205	165-230	181-255	SHW-280
EQUIPPED SQUAT ONLY								
97-120	105-145	114-170	123-195	132-220	148-245	165-270	181-295	SHW-320

MEN								
FULL POWER SUBMASTERS								
RAW								
114-600	123-700	132-750	148-850 275-1250	165-950 308-1275	181-1050 SHW-1300	198-1100	220-1150	242-1200
RAW CLASSIC								
114-650	123-750	132-800	148-900 275-1300	165-1000 308-1325	181-1100 SHW-1350	198-1150	220-1200	242-1250
SINGLE PLY								
114-700	123-800	132-850	148-950 275-1350	165-1050 308-1375	181-1150 SHW-1400	198-1200	220-1250	242-1300
SINGLE LIFTS								
BENCH PRESS ONLY- RAW								
114-60	123-100	132-140	148-180 275-390	165-220 308-400	181-260 SHW-410	198-300	220-340	242-365
BENCH PRESS ONLY- SINGLE PLY								
114-80	123-120	132-160	148-200 275-410	165-240 308-400	181-280 SHW-430	198-320	220-360	242-385
DEADLIFT RAW ONLY								
114-220	123-260	132-310	148-380 275-560	165-430 308-565	181-460 SHW-570	198-490	220-500	242-540
DEADLIFT EQUIPPED ONLY								
114-240	123-280	132-330	148-400 275-580	165-450 308-585	181-480 SHW-590	198-510	220-520	242-560

SQUAT RAW ONLY								
114-100	123-150	132-200	148-250 275-450	165-300 308-475	181-325 SHW-500	198-350	220-375	242-400
SQUAT EQUIPPED ONLY								
114-150	123-200	132-250	148-300 275-525	165-350 308-550	181-375 SHW-575	198-400	220-425	242-475

MASTERS 40- **must have a minimum total below** or place in the top 2 in at least two WNPF events starting from January 1, 2020 to The day before the 2020 world championships.

FULL POWER WOMEN RAW								
97-250	105-300	114-350	123-400	132-450	148-500	165-550	181-600	SHW-650
RAW CLASSIC								
97-300	105-350	114-400	123-450	132-500	148-550	165-600	181-650	SHW-700
SINGLE PLY								
97-350	105-400	114-450	123-500	132-550	148-600	165-650	181-700	SHW-750
DOUBLE PLY								
97-400	105-450	114-500	123-550	132-600	148-650	165-700	181-750	SHW-800
FULL POWER MEN RAW								
114-450	123-550	132-650	148-750 275-1200	165-800 308-1250	181-900 SHW-1300	198-1000	220-1100	242-1150

RAW CLASSIC								
114-500	123-600	132-700	148-800 275-1250	165-850 308-1300	181-950 SHW-1350	198-1050	220-1150	242-1200
SINGLE PLY								
114-550	123-650	132-750	148-850 275-1300	165-900 308-1350	181-1000 SHW-1400	198-1100	220-1200	242-1250
DOUBLE PLY								
114-600	123-700	132-800	148-900 275-1350	165-950 308-1400	181-1050 SHW-1450	198-1150	220-1250	242-1300

MASTERS 50- **must have a minimum total below** or place in the top 2 in at least two WNPF events starting from January 1, 2020 to The day before the 2020 world championships.

FULL POWER WOMEN- MASTERS 50-59								
RAW								
97-200	105-250	114-300	123-350	132-400	148-450	165-500	181-550	SHW-600
RAW CLASSIC								
97-250	105-300	114-350	123-400	132-450	148-500	165-550	181-600	SHW-650
SINGLE PLY								
97-300	105-350	114-400	123-450	132-500	148-550	165-600	181-650	SHW-700
SINGLE LIFTS (WOMEN) MASTERS 50 BENCH PRESS- RAW								
97-45	105-55	114-65	123-75	132-85	148-95	165-100	181-105	SHW-110

BENCH PRESS- SINGLE PLY								
97-65	105-75	114-85	123-95	132-105	148-115	165-120	181-125	SHW-130
BENCH PRESS- DOUBLE PLY								
97-85	105-95	114-105	123-115	132-125	148-135	165-140	181-145	SHW-150
DEADLIFT-RAW								
97-85	105-105	114-125	123-145	132-165	148-185	165-200	181-215	SHW-230
DEADLIFT EQUIPPED								
97-125	105-145	114-165	123-185	132-205	148-225	165-245	181-255	SHW-270
SQUAT RAW								
97-115	105-135	114-155	123-175	132-195	148-215	165-230	181-245	SHW-260
SQUAT RAW CLASSIC								
97-125	105-145	114-165	123-185	132-205	148-225	165-240	181-255	SHW-270
SQUAT SINGLE PLY								
97-135	105-155	114-175	123-195	132-215	148-235	165-250	181-265	SHW-280
FULL POWER MEN MASTERS 50-59 RAW								
114-400	123-500	132-600	148-700 275-1150	165-750 308-1200	181-850 SHW-1250	198-950	220-1050	242-1100
RAW CLASSIC								
114-450	123-550	132-650	148-750 275-1200	165-800 308-1250	181-900 SHW-1300	198-1000	220-1100	242-1150
SINGLE PLY								
114-500	123-600	132-700	148-800 275-1250	165-850 308-1300	181-950 SHW-1350	198-1050	220-1150	242-1200

BENCH ONLY- MEN MASTERS 50-59								
RAW								
114- 45	123-60	132-100	148-140 275-365	165-180 308-390	181-220 SHW-400	198-260	220-300	242-340
SINGLE PLY								
114-60	123-100	132-120	148-160 275-385	165-200 308-410	181-240 SHW-420	198-280	220-320	242-360
DEADLIFT ONLY- MEN MASTERS 50-59								
RAW								
114-200	123-220	132-260	148-310 275-540	165-380 308-560	181-430 SHW-565	198-460	220-490	242-500
EQUIPPED								
114-220	123-240	132-280	148-330 275-560	165-400 308-580	181-450 SHW-585	198-480	220-510	242-520
SQUAT ONLY- MEN MASTERS 50-59								
RAW								
114-75	123-100	132-150	148-200 275-400	165-250 308-450	181-300 SHW-475	198-325	220-350	242-375
EQUIPPED								
114-100	123-150	132-200	148-250 275-450	165-300 308-500	181-350 SHW-525	198-375	220-400	242-425

MASTERS 60-70-80-90- must place in the top 2 in at least two WNPf events starting from January 1, 2020 to The day before the 2020 world championships.

114-600	123-700	132-750	RAW			198-1100	220-1150	242-1200
			148-850 275-1250	165-950 308-1275	181-1050 SHW-1300			
114-650	123-750	132-800	RAW CLASSIC			198-1150	220-1200	242-1250
			148-900 275-1300	165-1000 308-1325	181-1100 SHW-1350			
114-700	123-800	132-850	SINGLE PLY			198-1200	220-1250	242-1300
			148-950 275-1350	165-1050 308-1375	181-1150 SHW-1400			
114-60	123-100	132-140	SINGLE LIFTS BENCH PRESS ONLY- RAW			198-300	220-340	242-365
			148-180 275-390	165-220 308-400	181-260 SHW-410			
114-80	123-120	132-160	BENCH PRESS ONLY- SINGLE PLY			198-320	220-360	242-385
			148-200 275-410	165-240 308-400	181-280 SHW-430			
114-220	123-260	132-310	DEADLIFT RAW ONLY			198-490	220-500	242-540
			148-380 275-560	165-430 308-565	181-460 SHW-570			
114-240	123-280	132-330	DEADLIFT EQUIPPED ONLY			198-510	220-520	242-560
			148-400 275-580	165-450 308-585	181-480 SHW-590			
114-100	123-150	132-200	SQUAT RAW ONLY			198-350	220-375	242-400
			148-250 275-450	165-300 308-475	181-325 SHW-500			

SQUAT EQUIPPED ONLY								
114-150	123-200	132-250	148-300	165-350	181-375	198-400	220-425	242-475
			275-525	308-550	SHW-575			

WNPF CLASSIFICATION CHART

WHERE DO YOU RANK

NOTE- If your highest total or single lift is at a Class II or below you can enter the Novice division as well as another division in any WNPF contest. Not all WNPF events offer a Novice class.

Raw lifters

Women	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	500	550	600	650	700	750	800	850	900			
ELITE	450	500	550	600	650	700	750	800	850			
MASTER	400	450	500	550	600	650	700	750	800			
CLASS 1	350	400	450	500	550	600	650	700	750			
CLASS 2	300	350	400	450	500	550	600	650	700			
CLASS 3	250	300	350	400	450	500	550	600	650			
CLASS 4	200	250	300	350	400	450	500	550	600			
Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	900	1000	1100	1200	1300	1400	1450	1500	1550	1600	1625	1650
ELITE	850	950	1050	1150	1250	1350	1400	1450	1500	1550	1575	1600
MASTER	800	900	950	1050	1150	1250	1300	1350	1400	1450	1475	1500

CLASS 1	700	800	850	950	1050	1150	1200	1250	1300	1350	1375	1400
CLASS 2	600	700	750	850	950	1050	1100	1150	1200	1250	1275	1300
CLASS 3	500	600	700	750	850	950	1050	1100	1150	1200	1250	1275
CLASS 4	400	500	600	700	750	850	950	1050	1100	1150	1200	1250

Raw Classic

Women	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	550	600	650	700	750	800	850	900	950			
ELITE	500	550	600	650	700	750	800	850	900			
MASTER	450	500	550	600	650	700	750	800	850			
CLASS 1	400	450	500	550	600	650	700	750	800			
CLASS 2	350	400	450	500	550	600	650	700	750			
CLASS 3	300	350	400	450	500	550	600	650	700			
CLASS 4	250	300	350	400	450	500	550	600	650			
Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	950	1050	1150	1250	1350	1450	1500	1550	1600	1650	1675	1700
ELITE	900	1000	1100	1200	1300	1400	1450	1500	1550	1600	1625	1650
MASTER	850	950	1000	1100	1200	1300	1350	1400	1450	1500	1525	1550
CLASS 1	750	850	900	1000	1100	1200	1250	1300	1350	1400	1425	1450
CLASS 2	650	750	800	900	1000	1100	1150	1200	1250	1300	1325	1350
CLASS 3	600	650	750	800	900	1000	1100	1150	1200	1250	1300	1325
CLASS 4	550	600	650	750	800	900	1000	1100	1150	1200	1250	1300

Single ply lifters

Women	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	600	650	700	750	800	850	900	950	1000			
ELITE	550	600	650	700	750	800	850	900	950			
MASTER	500	550	600	650	700	750	800	850	900			

CLASS 1	450	500	550	600	650	700	750	800	850			
CLASS 2	400	450	500	550	600	650	700	750	800			
CLASS 3	350	400	450	500	550	600	650	700	750			
CLASS 4	300	350	400	450	500	550	600	650	700			
Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	1000	1100	1200	1300	1400	1500	1600	1650	1700	1750	1775	1800
ELITE	900	1000	1100	1200	1300	1400	1500	1550	1600	1650	1675	1700
MASTER	800	900	1000	1100	1200	1300	1400	1450	1500	1550	1575	1600
CLASS 1	700	800	900	1000	1100	1200	1300	1350	1400	1450	1475	1500
CLASS 2	600	700	800	900	1000	1100	1200	1250	1300	1350	1375	1400
CLASS 3	500	600	700	800	900	1000	1100	1200	1250	1300	1350	1375
CLASS 4	400	500	600	700	800	900	1000	1100	1200	1250	1300	1350

DOUBLE PLY LIFTERS

Women	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	700	750	800	850	900	950	1000	1050	1100			
ELITE	650	700	750	800	850	900	950	1000	1050			
MASTER	600	650	700	750	800	850	900	950	1000			
CLASS 1	550	600	650	700	750	800	850	900	950			
CLASS 2	500	550	600	650	700	750	800	850	900			
CLASS 3	450	500	550	600	650	700	750	800	850			
CLASS 4	400	450	500	550	600	650	700	750	800			
Men	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	1100	1200	1300	1400	1500	1600	1650	1700	1750	1775	1800	1900
ELITE	1000	1100	1200	1300	1400	1500	1550	1600	1650	1675	1700	1800
MASTER	900	1000	1100	1200	1300	1400	1450	1500	1550	1575	1600	1700
CLASS 1	800	900	1000	1100	1200	1300	1350	1400	1450	1475	1500	1600
CLASS 2	700	800	900	1000	1100	1200	1250	1300	1350	1375	1400	1500
CLASS 3	600	700	800	900	1000	1100	1200	1250	1300	1350	1375	1475
CLASS 4	500	600	700	800	900	1000	1100	1200	1250	1300	1350	1450

SPECIALIST**SINGLE PLY****RAW**

SQUAT ONLY	97	105	114	123	132	148	165	181	SHW					97	105	114	123	132	148	165	181	SHW			
WOMEN																									
INT. ELITE	220	245	270	295	320	345	370	395	420					160	185	210	235	260	285	310	335	360			
ELITE	190	215	240	265	290	315	340	365	390					140	165	190	215	240	265	290	315	340			
MASTER	160	185	210	235	260	285	310	335	360					120	145	170	195	220	245	270	295	320			
CLASS 1	140	165	190	215	240	265	290	315	340					100	125	150	175	200	225	250	275	300			
CLASS 2	120	145	170	195	220	245	270	295	320					80	105	130	155	180	205	230	255	280			
CLASS 3	100	120	145	170	195	220	245	270	295					60	80	105	130	155	180	205	230	255			
CLASS 4	80	100	120	145	170	195	220	245	270					50	60	80	105	130	155	180	205	230			
SINGLE PLY														RAW											
BENCH ONLY	97	105	114	123	132	148	165	181	SHW					97	105	114	123	132	148	165	181	SHW			
WOMEN																									
INT. ELITE	115	125	135	145	155	175	190	205	215					85	95	105	115	125	145	160	175	185			
ELITE	85	95	105	115	125	145	160	175	185					55	65	75	85	95	115	130	145	155			
MASTER	55	65	75	85	95	115	130	145	155					45	55	65	75	85	105	120	135	145			
CLASS 1	45	55	65	75	85	105	120	135	145					35	45	55	65	75	95	110	125	135			
CLASS 2	35	45	55	65	75	95	110	125	135					25	35	45	55	65	75	95	110	125			
CLASS 3	25	35	45	55	65	75	95	110	125					15	25	35	45	55	65	75	95	110			
CLASS 4	20	25	35	45	55	65	75	95	110					10	20	25	35	45	55	65	75	95			
EQUIPPED														RAW											
DEADLIFT ONLY	97	105	114	123	132	148	165	181	SHW					97	105	114	123	132	148	165	181	SHW			
WOMEN																									
INT. ELITE	200	230	260	290	320	350	370	385	400					180	210	240	270	300	330	350	365	390			
ELITE	180	210	240	270	300	330	350	365	390					160	190	220	250	280	310	330	345	370			
MASTER	160	190	220	250	280	310	330	345	370					140	170	200	230	260	290	310	325	350			
CLASS 1	140	170	200	230	260	290	310	325	350					120	150	180	210	240	270	290	305	330			

CLASS 2	120	150	180	210	240	270	290	305	330					100	130	160	190	220	250	270	285	310			
CLASS 3	100	130	150	180	210	240	270	290	305					80	100	130	160	190	220	250	270	285			
CLASS 4	80	110	120	150	180	210	240	270	290					60	80	100	130	160	190	220	250	270			
SINGLE PLY														RAW											
SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW		114	123	132	148	165	181	198	220	242	275	308	SHW
MEN																									
INT. ELITE	350	400	450	500	550	575	600	625	675	725	750	775		250	300	350	400	450	475	500	525	575	625	650	675
ELITE	300	350	400	450	500	525	550	575	625	675	700	725		200	250	300	350	400	425	450	475	525	575	600	625
MASTER	250	300	350	400	450	475	500	525	575	625	650	675		150	200	250	300	350	375	400	425	475	525	550	575
CLASS 1	200	250	300	350	400	425	450	475	525	575	600	625		125	175	225	275	325	350	375	400	425	475	525	550
CLASS 2	150	200	250	300	350	375	400	425	475	525	550	575		100	150	195	250	300	325	350	375	400	450	475	500
CLASS 3	100	150	200	250	300	350	375	400	425	475	525	550		75	100	150	195	250	300	325	350	375	400	450	475
CLASS 4	75	100	150	200	250	300	350	375	400	425	475	525		50	75	100	150	195	250	300	325	350	375	400	450
SINGLE PLY														RAW											
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW		114	123	132	148	165	181	198	220	242	275	308	SHW
MEN																									
INT. ELITE	210	250	290	330	370	410	450	490	505	530	540	550		160	200	240	280	320	360	400	440	465	490	500	510
ELITE	160	200	240	280	320	360	400	440	465	490	500	510		120	160	200	240	280	320	360	400	425	450	460	470
MASTER	120	160	200	240	280	320	360	400	425	450	460	470		100	140	180	220	260	300	340	380	405	430	440	450
CLASS 1	100	140	180	220	260	300	340	380	405	430	440	450		80	120	160	200	240	280	320	360	385	410	420	430
CLASS 2	80	120	160	200	240	280	320	360	385	410	420	430		60	100	140	180	220	260	300	340	365	390	400	410
CLASS 3	60	100	120	160	200	240	280	320	360	385	410	420		45	60	100	140	180	220	260	300	340	365	390	400
CLASS 4	40	80	100	120	160	200	240	280	320	360	385	410		35	50	60	100	140	180	220	260	300	340	365	390
EQUIPPED														RAW											
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW		114	123	132	148	165	181	198	220	242	275	308	SHW
MEN																									
INT. ELITE	350	400	450	510	570	600	630	640	680	700	705	710		310	360	410	480	530	560	590	600	640	660	665	670
ELITE	310	360	410	480	530	560	590	600	640	660	665	670		280	320	370	440	490	520	550	560	600	620	625	630
MASTER	280	320	370	440	490	520	550	560	600	620	625	630		260	300	350	420	470	500	530	540	580	600	605	610
CLASS 1	260	300	350	420	470	500	530	540	580	600	605	610		240	280	330	400	450	480	510	520	560	580	585	590
CLASS 2	240	280	330	400	450	480	510	520	560	580	585	590		220	260	310	380	430	460	490	500	540	560	565	570
CLASS 3	220	240	280	330	400	450	480	510	520	560	580	585		200	220	260	310	380	430	460	490	500	540	560	565
CLASS 4	200	220	240	280	330	400	450	480	510	520	560	580		180	200	220	260	310	380	430	460	490	500	540	560
STRICT CURL														97	105	114	123	132	148	165	181	SHW			
WOMEN																									
INT. ELITE														50	55	60	65	70	75	80	85	95			
ELITE														40	45	50	55	60	65	70	75	85			
MASTER														30	35	40	45	50	55	60	65	75			

CLASS 1														20	25	30	35	40	45	50	55	65			
CLASS 2														20	20	20	25	30	35	40	45	55			
CLASS 3														20	20	20	20	25	30	35	40	45			
CLASS 4														20	20	20	20	20	25	30	35	40			
STRICT CURL														114	123	132	148	165	181	198	220	242	275	308	SHW
MEN																									
INT. ELITE														90	100	105	115	130	145	155	160	165	170	175	180
ELITE														85	95	100	110	125	140	150	155	160	165	170	175
MASTER														75	85	90	100	115	130	140	145	150	155	160	165
CLASS 1														65	75	80	90	105	120	130	135	140	145	150	155
CLASS 2														55	65	70	80	95	110	120	125	130	135	140	145
CLASS 3														45	55	60	70	85	100	110	115	120	125	130	135
CLASS 4														35	45	55	60	70	85	100	110	115	120	125	130

DOUBLE PLY BENCH PRESS

SQUAT ONLY	97	105	114	123	132	148	165	181	SHW			
WOMEN												
INT. ELITE	270	295	320	345	370	395	420	445	470			
ELITE	240	265	290	315	340	365	390	425	450			
MASTER	210	235	260	285	310	335	360	385	410			
CLASS 1	190	215	240	265	290	315	340	365	390			
CLASS 2	170	195	220	245	270	295	320	355	370			
CLASS 3	145	170	195	220	245	270	295	320	350			
CLASS 4	120	145	170	195	220	245	270	295	330			
DOUBLE PLY												
SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
MEN												
INT. ELITE	400	450	500	550	575	600	625	675	725	750	775	800
ELITE	350	400	450	500	525	550	575	625	675	700	725	750
MASTER	300	350	400	450	475	500	525	575	625	650	675	700
CLASS 1	250	300	350	400	425	450	475	525	575	600	625	650
CLASS 2	200	250	300	350	375	400	425	475	525	550	575	600
CLASS 3	150	200	250	300	350	375	400	425	475	525	550	575
CLASS 4	100	150	200	250	300	350	375	400	425	475	525	550
DOUBLE PLY												
BENCH ONLY	97	105	114	123	132	148	165	181	SHW			

WOMEN												
INT. ELITE	135	145	155	175	190	205	215	225	250			
ELITE	105	115	125	145	160	175	185	195	220			
MASTER	75	85	95	115	130	145	155	165	190			
CLASS 1	65	75	85	105	120	135	145	155	180			
CLASS 2	55	65	75	95	110	125	135	145	170			
CLASS 3	45	55	65	75	95	110	125	135	160			
CLASS 4	35	45	55	65	75	95	110	120	150			
DOUBLE PLY												
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
MEN												
INT. ELITE	290	330	370	410	450	490	505	530	540	550	575	600
ELITE	240	280	320	360	400	440	465	490	500	510	535	560
MASTER	200	240	280	320	360	400	425	450	460	470	495	520
CLASS 1	180	220	260	300	340	380	405	430	440	450	475	500
CLASS 2	160	200	240	280	320	360	385	410	420	430	455	480
CLASS 3	120	160	200	240	280	320	360	385	410	420	445	470
CLASS 4	100	120	160	200	240	280	320	360	385	410	435	460

MASTERS SLINGSHOT BENCH PRESS ONLY

SLINGSHOT												
BENCH ONLY	97	105	114	123	132	148	165	181	SHW			
WOMEN												
40-49	85	95	105	115	125	145	160	175	185			
50-59	55	65	75	85	95	115	130	145	155			
60-69	45	55	65	75	85	105	120	135	145			
70-79	35	45	55	65	75	95	110	125	135			
80-89	25	35	45	55	65	75	95	110	125			
90-99	20	25	35	45	55	65	75	95	110			
SLINGSHOT												
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
MEN												
40-49	160	200	240	280	320	360	400	440	465	490	500	510
50-59	120	160	200	240	280	320	360	400	425	450	460	470
60-69	100	140	180	220	260	300	340	380	405	430	440	450
70-79	80	120	160	200	240	280	320	360	385	410	420	430

[illegible]