

NATIONAL QUALIFYING STANDARDS – B.D.F.P.A

MENS' POWERLIFTING TOTALS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	345.0	327.5	310	295.0	280.0	265.0	237.5	215.0	192.5	172.5	155.0	310.0	280.0	252.5	227.5
56	377.5	357.5	340	322.5	307.5	292.5	262.5	237.5	215.0	192.5	172.5	340.0	305.0	275	247.5
60	407.5	387.5	367.5	350.0	332.5	315.0	282.5	255.0	230.0	207.5	187.5	367.5	330.0	297.5	267.5
67.5	457.5	435.0	412.5	392.5	372.5	355.0	320.0	287.5	260.0	235.0	212.5	412.5	372.5	335	302.5
75	502.5	477.5	452.5	430.0	407.5	387.5	350.0	315.0	282.5	255.0	230.0	452.5	407.5	367.5	330
82.5	540.0	512.5	487.5	462.5	440.0	417.5	375.0	337.5	305.0	275.0	247.5	485.0	437.5	395	355
90	572.5	545.0	517.5	492.5	467.5	445.0	400.0	360.0	325.0	292.5	262.5	515.0	462.5	417.5	375
100	607.5	577.5	547.5	520.0	495.0	470.0	422.5	380.0	342.5	307.5	277.5	547.5	492.5	442.5	397.5
110	627.5	595.0	565	537.5	510.0	485.0	437.5	395.0	355.0	320.0	287.5	565.0	507.5	457.5	412.5
125	645.0	612.5	582.5	552.5	525.0	500.0	450.0	405.0	365.0	327.5	295.0	580.0	522.5	470	422.5
145	677.5	642.5	610	580.0	550.0	522.5	470.0	422.5	380.0	342.5	307.5	610.0	550.0	495	445
145+	702.5	667.5	635	602.5	572.5	545.0	490.0	440.0	395.0	355.0	320.0	632.5	570.0	512.5	462.5

MENS' POWERLIFTING TOTALS - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	317.5	302.5	287.5	272.5	260.0	247.5	235.0	212.5	192.5	172.5	155.0	285.0	257.5	232.5	210
56	347.5	330.0	312.5	297.5	282.5	267.5	255.0	230.0	207.5	187.5	170.0	312.5	282.5	255	230
60	372.5	355.0	337.5	320.0	305.0	290.0	275.0	247.5	222.5	200.0	180.0	335.0	302.5	272.5	245
67.5	417.5	397.5	377.5	357.5	340.0	322.5	307.5	277.5	250.0	225.0	202.5	375.0	337.5	305	275
75	457.5	435.0	412.5	392.5	372.5	355.0	337.5	305.0	275.0	247.5	222.5	412.5	372.5	335	302.5
82.5	490.0	465.0	442.5	420.0	400.0	380.0	360.0	325.0	292.5	262.5	237.5	440.0	395.0	355	320
90	520.0	495.0	470	447.5	425.0	405.0	385.0	347.5	312.5	282.5	255.0	467.5	420.0	377.5	340
100	552.5	525.0	500	475.0	452.5	430.0	407.5	367.5	330.0	297.5	267.5	497.5	447.5	402.5	362.5
110	570.0	542.5	515	490.0	465.0	442.5	420.0	377.5	340.0	305.0	275.0	512.5	462.5	417.5	375
125	585.0	555.0	527.5	500.0	475.0	452.5	430.0	387.5	350.0	315.0	282.5	527.5	475.0	427.5	385
145	612.5	582.5	552.5	525.0	500.0	475.0	452.5	407.5	367.5	330.0	297.5	552.5	497.5	447.5	402.5
145+	635.0	602.5	572.5	545.0	517.5	492.5	467.5	420.0	377.5	340.0	305.0	572.5	515.0	462.5	417.5

MENS' SQUAT - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	125.0	120.0	115	110.0	105.0	100.0	90.0	80.0	72.5	65.0	57.5	112.5	102.5	92.5	82.5
56	135.0	127.5	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5	122.5	110.0	100	90
60	145.0	137.5	130	122.5	117.5	112.5	102.5	92.5	82.5	75.0	67.5	130.0	117.5	105	95
67.5	162.5	155.0	147.5	140.0	132.5	125.0	112.5	102.5	92.5	82.5	75.0	147.5	132.5	120	107.5
75	177.5	167.5	160	152.5	145.0	137.5	125.0	112.5	102.5	92.5	82.5	160.0	145.0	130	117.5
82.5	190.0	180.0	170	162.5	155.0	147.5	132.5	120.0	107.5	97.5	87.5	170.0	152.5	137.5	125
90	200.0	190.0	180	170.0	162.5	155.0	140.0	125.0	112.5	102.5	92.5	180.0	162.5	147.5	132.5
100	212.5	202.5	192.5	182.5	172.5	165.0	147.5	132.5	120.0	107.5	97.5	192.5	172.5	155	140
110	217.5	207.5	197.5	187.5	177.5	167.5	150.0	135.0	122.5	110.0	100.0	195.0	175.0	157.5	142.5

125	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	102.5	202.5	182.5	165	147.5
145	235.0	222.5	212.5	202.5	192.5	182.5	165.0	147.5	132.5	120.0	107.5	212.5	192.5	172.5	155
145+	245.0	232.5	220	210.0	200.0	190.0	170.0	152.5	137.5	125.0	112.5	220.0	197.5	177.5	160

MENS' SQUAT - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	112.5	107.5	102.5	97.5	92.5	87.5	80.0	72.5	65.0	57.5	52.5	102.5	92.5	82.5	75
56	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80.0	72.5	65.0	57.5	110.0	100.0	90	80
60	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5	120.0	107.5	97.5	87.5
67.5	147.5	140.0	132.5	125.0	120.0	115.0	102.5	92.5	82.5	75.0	67.5	132.5	120.0	107.5	97.5
75	162.5	155.0	147.5	140.0	132.5	125.0	112.5	102.5	92.5	82.5	75.0	147.5	132.5	120	107.5
82.5	175.0	167.5	160	152.5	145.0	137.5	125.0	112.5	102.5	92.5	82.5	157.5	142.5	127.5	115
90	185.0	175.0	167.5	160.0	152.5	145.0	130.0	117.5	105.0	95.0	85.0	167.5	150.0	135	122.5
100	192.5	182.5	172.5	165.0	157.5	150.0	135.0	122.5	110.0	100.0	90.0	172.5	155.0	140	125
110	200.0	190.0	180	170.0	162.5	155.0	140.0	125.0	112.5	102.5	92.5	180.0	162.5	147.5	132.5
125	207.5	197.5	187.5	177.5	167.5	160.0	145.0	130.0	117.5	105.0	95.0	187.5	170.0	152.5	137.5
145	217.5	207.5	197.5	187.5	177.5	167.5	150.0	135.0	122.5	110.0	100.0	195.0	175.0	157.5	142.5
145+	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	102.5	202.5	182.5	165	147.5

MENS' BENCH PRESS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0	77.5	70.0	62.5	57.5
56	92.5	87.5	82.5	77.5	72.5	70.0	62.5	57.5	52.5	47.5	42.5	82.5	75.0	67.5	60
60	100.0	95.0	90	85.0	80.0	75.0	67.5	60.0	55.0	50.0	45.0	90.0	80.0	72.5	65
67.5	112.5	107.5	102.5	97.5	92.5	87.5	80.0	72.5	65.0	57.5	52.5	102.5	92.5	82.5	75
75	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80.0	72.5	65.0	57.5	110.0	100.0	90	80
82.5	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5	120.0	107.5	97.5	87.5
90	140.0	132.5	125	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0	125.0	112.5	102.5	92.5
100	147.5	140.0	132.5	125.0	120.0	115.0	102.5	92.5	82.5	75.0	67.5	132.5	120.0	107.5	97.5
110	152.5	145.0	137.5	130.0	122.5	117.5	105.0	95.0	85.0	77.5	70.0	137.5	125.0	112.5	102.5
125	157.5	150.0	142.5	135.0	127.5	120.0	107.5	97.5	87.5	80.0	72.5	142.5	127.5	115	102.5
145	165.0	157.5	150	142.5	135.0	127.5	115.0	102.5	92.5	82.5	75.0	147.5	132.5	120	107.5
145+	170.0	162.5	155	147.5	140.0	132.5	120.0	107.5	97.5	87.5	80.0	152.5	137.5	125	112.5

MENS' BENCH PRESS - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	75.0	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	42.5	37.5	67.5	60.0	55	50
56	82.5	77.5	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5	75.0	67.5	60	55
60	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5	80.0	72.5	65	57.5
67.5	100.0	95.0	90	85.0	80.0	75.0	67.5	60.0	55.0	50.0	45.0	90.0	80.0	72.5	65
75	112.5	107.5	102.5	97.5	92.5	87.5	80.0	72.5	65.0	57.5	52.5	102.5	92.5	82.5	75
82.5	120.0	115.0	110	105.0	100.0	95.0	85.0	77.5	70.0	62.5	57.5	107.5	97.5	87.5	80
90	127.5	120.0	115	110.0	105.0	100.0	90.0	80.0	72.5	65.0	57.5	115.0	102.5	92.5	82.5

100	135.0	127.5	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5	122.5	110.0	100	90
110	140.0	132.5	125	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0	125.0	112.5	102.5	92.5
125	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0	127.5	115.0	102.5	92.5
145	150.0	142.5	135	127.5	120.0	115.0	102.5	92.5	82.5	75.0	67.5	135.0	122.5	110	100
145+	157.5	150.0	142.5	135.0	127.5	120.0	107.5	97.5	87.5	80.0	72.5	142.5	127.5	115	102.5

MENS' DEAD LIFT - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5	120.0	107.5	97.5	87.5
56	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0	127.5	115.0	102.5	92.5
60	152.5	145.0	137.5	130.0	122.5	117.5	105.0	95.0	85.0	77.5	70.0	137.5	125.0	112.5	102.5
67.5	172.5	165.0	157.5	150.0	142.5	135.0	122.5	110.0	100.0	90.0	80.0	155.0	140.0	125	112.5
75	187.5	177.5	167.5	160.0	152.5	145.0	130.0	117.5	105.0	95.0	85.0	170.0	152.5	137.5	125
82.5	202.5	192.5	182.5	172.5	165.0	157.5	142.5	127.5	115.0	102.5	92.5	182.5	165.0	147.5	132.5
90	215.0	205.0	195	185.0	175.0	167.5	150.0	135.0	122.5	110.0	100.0	192.5	172.5	155	140
100	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	102.5	202.5	182.5	165	147.5
110	232.5	220.0	210	200.0	190.0	180.0	162.5	147.5	132.5	120.0	107.5	210.0	190.0	170	152.5
125	242.5	230.0	217.5	207.5	197.5	187.5	170.0	152.5	137.5	125.0	112.5	217.5	195.0	175	157.5
145	252.5	240.0	227.5	215.0	205.0	195.0	175.0	157.5	142.5	127.5	115.0	227.5	205.0	185	167.5
145+	265.0	252.5	240	227.5	215.0	205.0	185.0	167.5	150.0	135.0	122.5	237.5	215.0	192.5	172.5

MENS' DEAD LIFT - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
52	125.0	120.0	115	110.0	105.0	100.0	90.0	80.0	72.5	65.0	57.5	112.5	102.5	92.5	82.5
56	135.0	127.5	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5	122.5	110.0	100	90
60	145.0	137.5	130	122.5	117.5	112.5	102.5	92.5	82.5	75.0	67.5	130.0	117.5	105	95
67.5	165.0	157.5	150	142.5	135.0	127.5	115.0	102.5	92.5	82.5	75.0	147.5	132.5	120	107.5
75	180.0	170.0	162.5	155.0	147.5	140.0	125.0	112.5	102.5	92.5	82.5	162.5	147.5	132.5	120
82.5	192.5	182.5	172.5	165.0	157.5	150.0	135.0	122.5	110.0	100.0	90.0	172.5	155.0	140	125
90	205.0	195.0	185	175.0	167.5	160.0	145.0	130.0	117.5	105.0	95.0	185.0	167.5	150	135
100	215.0	205.0	195	185.0	175.0	167.5	150.0	135.0	122.5	110.0	100.0	192.5	172.5	155	140
110	222.5	212.5	202.5	192.5	182.5	172.5	155.0	140.0	125.0	112.5	102.5	200.0	180.0	162.5	147.5
125	232.5	220.0	210	200.0	190.0	180.0	162.5	147.5	132.5	120.0	107.5	210.0	190.0	170	152.5
145	240.0	227.5	215	205.0	195.0	185.0	167.5	150.0	135.0	122.5	110.0	215.0	192.5	172.5	155
145+	250.0	237.5	225	215.0	205.0	195.0	175.0	157.5	142.5	127.5	115.0	225.0	202.5	182.5	165

WOMENS' POWERLIFTING TOTALS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	197.5	187.5	177.5	167.5	160.0	152.5	137.5	125.0	112.5	102.5	92.5	177.5	160.0	145	130
47.5	210.0	200.0	190	180.0	170.0	162.5	147.5	132.5	120.0	107.5	97.5	190.0	170.0	152.5	137.5
50.5	220.0	210.0	200	190.0	180.0	170.0	152.5	137.5	125.0	112.5	102.5	197.5	177.5	160	145
53	230.0	217.5	207.5	197.5	187.5	177.5	160.0	145.0	130.0	117.5	105.0	207.5	187.5	170	152.5
55.5	240.0	227.5	215	205.0	195.0	185.0	167.5	150.0	135.0	122.5	110.0	215.0	192.5	172.5	155

58.5	250.0	237.5	225	215.0	205.0	195.0	175.0	157.5	142.5	127.5	115.0	225.0	202.5	182.5	165
63	267.5	255.0	242.5	230.0	217.5	207.5	187.5	170.0	152.5	137.5	125.0	240.0	215.0	192.5	172.5
70	292.5	277.5	262.5	250.0	237.5	225.0	202.5	182.5	165.0	147.5	132.5	262.5	237.5	215	192.5
80	322.5	307.5	292.5	277.5	262.5	250.0	225.0	202.5	182.5	165.0	147.5	290.0	260.0	235	212.5
90	347.5	330.0	312.5	297.5	282.5	267.5	240.0	215.0	192.5	172.5	155.0	312.5	282.5	255	230
90+	372.5	355.0	337.5	320.0	305.0	290.0	260.0	235.0	212.5	192.5	172.5	335.0	302.5	272.5	245

WOMENS' POWERLIFTING TOTALS - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	172.5	165.0	157.5	150.0	142.5	135.0	122.5	110.0	100.0	90.0	80.0	155.0	140.0	125	112.5
47.5	185.0	175.0	167.5	160.0	152.5	145.0	130.0	117.5	105.0	95.0	85.0	167.5	150.0	135	122.5
50.5	192.5	182.5	172.5	165.0	157.5	150.0	135.0	122.5	110.0	100.0	90.0	172.5	155.0	140	125
53	202.5	192.5	182.5	172.5	165.0	157.5	142.5	127.5	115.0	102.5	92.5	182.5	165.0	147.5	132.5
55.5	210.0	200.0	190	180.0	170.0	162.5	147.5	132.5	120.0	107.5	97.5	190.0	170.0	152.5	137.5
58.5	220.0	210.0	200	190.0	180.0	170.0	152.5	137.5	125.0	112.5	102.5	197.5	177.5	160	145
63	235.0	222.5	212.5	202.5	192.5	182.5	165.0	147.5	132.5	120.0	107.5	212.5	192.5	172.5	155
70	257.5	245.0	232.5	220.0	210.0	200.0	180.0	162.5	147.5	132.5	120.0	232.5	210.0	190	170
80	282.5	267.5	255	242.5	230.0	217.5	195.0	175.0	157.5	142.5	127.5	255.0	230.0	207.5	187.5
90	305.0	290.0	275	262.5	250.0	237.5	215.0	192.5	172.5	155.0	140.0	275.0	247.5	222.5	200
90+	327.5	310.0	295	280.0	265.0	252.5	227.5	205.0	185.0	167.5	150.0	295.0	265.0	237.5	215

WOMENS' SQUAT - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	67.5	65.0	62.5	60.0	57.5	55.0	50.0	45.0	40.0	35.0	32.5	60.0	55.0	50	45
47.5	72.5	70.0	67.5	65.0	62.5	60.0	55.0	50.0	45.0	40.0	35.0	65.0	57.5	52.5	47.5
50.5	77.5	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	42.5	37.5	70.0	62.5	57.5	52.5
53	80.0	75.0	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5	72.5	65.0	57.5	52.5
55.5	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0	77.5	70.0	62.5	57.5
58.5	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5	80.0	72.5	65	57.5
63	92.5	87.5	82.5	77.5	72.5	70.0	62.5	57.5	52.5	47.5	42.5	82.5	75.0	67.5	60
70	102.5	97.5	92.5	87.5	82.5	77.5	70.0	62.5	57.5	52.5	47.5	92.5	82.5	75	67.5
80	115.0	110.0	105	100.0	95.0	90.0	80.0	72.5	65.0	57.5	52.5	102.5	92.5	82.5	75
90	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80.0	72.5	65.0	57.5	110.0	100.0	90	80
90+	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5	120.0	107.5	97.5	87.5

WOMENS' SQUAT - UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	60.0	57.5	55	52.5	50.0	47.5	42.5	37.5	35.0	32.5	30.0	55.0	50.0	45	40
47.5	65.0	62.5	60	57.5	55.0	52.5	47.5	42.5	37.5	35.0	32.5	57.5	52.5	47.5	42.5
50.5	67.5	65.0	62.5	60.0	57.5	55.0	50.0	45.0	40.0	35.0	32.5	60.0	55.0	50	45
53	70.0	67.5	65	62.5	60.0	57.5	52.5	47.5	42.5	37.5	35.0	62.5	57.5	52.5	47.5
55.5	72.5	70.0	67.5	65.0	62.5	60.0	55.0	50.0	45.0	40.0	35.0	65.0	57.5	52.5	47.5

58.5	77.5	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	42.5	37.5	70.0	62.5	57.5	52.5
63	82.5	77.5	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5	75.0	67.5	60	55
70	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5	80.0	72.5	65	57.5
80	100.0	95.0	90	85.0	80.0	75.0	67.5	60.0	55.0	50.0	45.0	90.0	80.0	72.5	65
90	107.5	102.5	97.5	92.5	87.5	82.5	75.0	67.5	60.0	55.0	50.0	97.5	87.5	80	72.5
90+	117.5	112.5	107.5	102.5	97.5	92.5	82.5	75.0	67.5	60.0	55.0	105.0	95.0	85	77.5

WOMENS' BENCH PRESS - EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	40.0	37.5	35	32.5	30.0	27.5	25.0	25.0	25.0	25.0	25.0	35.0	32.5	30	27.5
47.5	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0	25.0	25.0	25.0	37.5	35.0	32.5	30
50.5	45.0	42.5	40	37.5	35.0	32.5	30.0	27.5	25.0	25.0	25.0	40.0	35.0	32.5	30
53	47.5	45.0	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0	25.0	42.5	37.5	35	32.5
55.5	50.0	47.5	45	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0	45.0	40.0	35	32.5
58.5	52.5	50.0	47.5	45.0	42.5	40.0	35.0	32.5	30.0	27.5	25.0	47.5	42.5	37.5	35
63	57.5	55.0	52.5	50.0	47.5	45.0	40.0	35.0	32.5	30.0	27.5	52.5	47.5	42.5	37.5
70	62.5	60.0	57.5	55.0	52.5	50.0	45.0	40.0	35.0	32.5	30.0	57.5	52.5	47.5	42.5
80	70.0	67.5	65	62.5	60.0	57.5	52.5	47.5	42.5	37.5	35.0	62.5	57.5	52.5	47.5
90	75.0	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	42.5	37.5	67.5	60.0	55	50
90+	80.0	75.0	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5	72.5	65.0	57.5	52.5

WOMENS' BENCH PRESS – UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	32.5	30.0	27.5	25.0	25.0	25.0	25.0	25.0	25.0	25.0	25.0	30.0	27.5	25	25
47.5	35.0	32.5	30	27.5	25.0	25.0	25.0	25.0	25.0	25.0	25.0	32.5	30.0	27.5	25
50.5	37.5	35.0	32.5	30.0	27.5	25.0	25.0	25.0	25.0	25.0	25.0	35.0	32.5	30	27.5
53	40.0	37.5	35	32.5	30.0	27.5	25.0	25.0	25.0	25.0	25.0	35.0	32.5	30	27.5
55.5	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0	25.0	25.0	25.0	37.5	35.0	32.5	30
58.5	45.0	42.5	40	37.5	35.0	32.5	30.0	27.5	25.0	25.0	25.0	40.0	35.0	32.5	30
63	47.5	45.0	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0	25.0	42.5	37.5	35	32.5
70	50.0	47.5	45	42.5	40.0	37.5	35.0	32.5	30.0	27.5	25.0	45.0	40.0	35	32.5
80	57.5	55.0	52.5	50.0	47.5	45.0	40.0	35.0	32.5	30.0	27.5	52.5	47.5	42.5	37.5
90	60.0	57.5	55	52.5	50.0	47.5	42.5	37.5	35.0	32.5	30.0	55.0	50.0	45	40
90+	67.5	65.0	62.5	60.0	57.5	55.0	50.0	45.0	40.0	35.0	32.5	60.0	55.0	50	45

WOMENS' DEAD LIFT – EQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	80.0	75.0	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5	72.5	65.0	57.5	52.5
47.5	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0	77.5	70.0	62.5	57.5
50.5	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5	80.0	72.5	65	57.5
53	92.5	87.5	82.5	77.5	72.5	70.0	62.5	57.5	52.5	47.5	42.5	82.5	75.0	67.5	60
55.5	97.5	92.5	87.5	82.5	77.5	72.5	65.0	57.5	52.5	47.5	42.5	87.5	80.0	72.5	65
58.5	102.5	97.5	92.5	87.5	82.5	77.5	70.0	62.5	57.5	52.5	47.5	92.5	82.5	75	67.5

63	110.0	105.0	100	95.0	90.0	85.0	77.5	70.0	62.5	57.5	52.5	100.0	90.0	80	72.5
70	120.0	115.0	110	105.0	100.0	95.0	85.0	77.5	70.0	62.5	57.5	107.5	97.5	87.5	80
80	130.0	122.5	117.5	112.5	107.5	102.5	92.5	82.5	75.0	67.5	60.0	117.5	105.0	95	85
90	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0	127.5	115.0	102.5	92.5
90+	150.0	142.5	135	127.5	120.0	115.0	102.5	92.5	82.5	75.0	67.5	135.0	122.5	110	100

WOMENS' DEAD LIFT – UNEQUIPPED

CAT.	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10	Junior	T3	T2	T1
44	72.5	70.0	67.5	65.0	62.5	60.0	55.0	50.0	45.0	40.0	35.0	65.0	57.5	52.5	47.5
47.5	77.5	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	42.5	37.5	70.0	62.5	57.5	52.5
50.5	82.5	77.5	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5	75.0	67.5	60	55
53	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0	77.5	70.0	62.5	57.5
55.5	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5	80.0	72.5	65	57.5
58.5	95.0	90.0	85	80.0	75.0	72.5	65.0	57.5	52.5	47.5	42.5	85.0	77.5	70	62.5
63	100.0	95.0	90	85.0	80.0	75.0	67.5	60.0	55.0	50.0	45.0	90.0	80.0	72.5	65
70	110.0	105.0	100	95.0	90.0	85.0	77.5	70.0	62.5	57.5	52.5	100.0	90.0	80	72.5
80	120.0	115.0	110	105.0	100.0	95.0	85.0	77.5	70.0	62.5	57.5	107.5	97.5	87.5	80
90	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5	120.0	107.5	97.5	87.5
90+	140.0	132.5	125	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0	125.0	112.5	102.5	92.5