

## 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

<b>125</b>	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
<b>145</b>	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
<b>145+</b>	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**

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>52</b>	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
<b>56</b>	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
<b>60</b>	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
<b>67.5</b>	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
<b>75</b>	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
<b>82.5</b>	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
<b>90</b>	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
<b>100</b>	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
<b>110</b>	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
<b>125</b>	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
<b>145</b>	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
<b>145+</b>	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**

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>52</b>	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
<b>56</b>	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
<b>60</b>	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
<b>67.5</b>	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
<b>75</b>	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
<b>82.5</b>	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
<b>90</b>	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
<b>100</b>	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
<b>110</b>	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
<b>125</b>	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
<b>145</b>	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
<b>145+</b>	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**

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>52</b>	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
<b>56</b>	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
<b>60</b>	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
<b>67.5</b>	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
<b>75</b>	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
<b>82.5</b>	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
<b>90</b>	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

<b>100</b>	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
<b>110</b>	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
<b>125</b>	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
<b>145</b>	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
<b>145+</b>	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**

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>52</b>	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
<b>56</b>	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
<b>60</b>	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
<b>67.5</b>	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
<b>75</b>	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
<b>82.5</b>	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
<b>90</b>	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
<b>100</b>	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
<b>110</b>	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
<b>125</b>	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
<b>145</b>	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
<b>145+</b>	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**

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>52</b>	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
<b>56</b>	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
<b>60</b>	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
<b>67.5</b>	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
<b>75</b>	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
<b>82.5</b>	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
<b>90</b>	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
<b>100</b>	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
<b>110</b>	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
<b>125</b>	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
<b>145</b>	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
<b>145+</b>	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**

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>44</b>	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
<b>47.5</b>	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
<b>50.5</b>	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
<b>53</b>	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
<b>55.5</b>	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

<b>58.5</b>	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
<b>63</b>	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
<b>70</b>	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
<b>80</b>	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
<b>90</b>	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
<b>90+</b>	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

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>44</b>	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
<b>47.5</b>	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
<b>50.5</b>	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
<b>53</b>	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
<b>55.5</b>	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
<b>58.5</b>	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
<b>63</b>	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
<b>70</b>	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
<b>80</b>	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
<b>90</b>	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
<b>90+</b>	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

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>44</b>	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
<b>47.5</b>	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
<b>50.5</b>	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
<b>53</b>	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
<b>55.5</b>	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
<b>58.5</b>	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
<b>63</b>	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
<b>70</b>	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
<b>80</b>	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
<b>90</b>	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
<b>90+</b>	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

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>44</b>	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
<b>47.5</b>	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
<b>50.5</b>	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
<b>53</b>	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
<b>55.5</b>	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

<b>58.5</b>	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
<b>63</b>	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
<b>70</b>	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
<b>80</b>	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
<b>90</b>	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
<b>90+</b>	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

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>44</b>	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
<b>47.5</b>	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
<b>50.5</b>	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
<b>53</b>	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
<b>55.5</b>	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
<b>58.5</b>	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
<b>63</b>	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
<b>70</b>	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
<b>80</b>	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
<b>90</b>	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
<b>90+</b>	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

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>44</b>	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
<b>47.5</b>	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
<b>50.5</b>	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
<b>53</b>	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
<b>55.5</b>	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
<b>58.5</b>	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
<b>63</b>	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
<b>70</b>	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
<b>80</b>	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
<b>90</b>	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
<b>90+</b>	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

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>44</b>	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
<b>47.5</b>	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
<b>50.5</b>	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
<b>53</b>	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
<b>55.5</b>	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
<b>58.5</b>	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

<b>63</b>	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
<b>70</b>	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
<b>80</b>	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
<b>90</b>	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
<b>90+</b>	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**

<b>CAT.</b>	<b>Open</b>	<b>M1</b>	<b>M2</b>	<b>M3</b>	<b>M4</b>	<b>M5</b>	<b>M6</b>	<b>M7</b>	<b>M8</b>	<b>M9</b>	<b>M10</b>	<b>Junior</b>	<b>T3</b>	<b>T2</b>	<b>T1</b>
<b>44</b>	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
<b>47.5</b>	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
<b>50.5</b>	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
<b>53</b>	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
<b>55.5</b>	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
<b>58.5</b>	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
<b>63</b>	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
<b>70</b>	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
<b>80</b>	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
<b>90</b>	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
<b>90+</b>	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