

## Southwest: Women's Single Lifts Equipped

### OPEN EQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5	T.SMITH	75	T. SMITH 82.5
58.5			
63		PASH	102.5
70			
80			
90			RAWLING 95
90+			RAWLING 122.5

### TEENAGE 1 (14-15 years) EQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

### TEENAGE 2 (16-17 years) EQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

### TEENAGE 3 (18-19 years) EQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

### JUNIOR (20-23 years) EQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

### MASTER 1 (40-44 years) EQUIPPED

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			

90						
90+						

**MASTER 2 (45-49 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

**MASTER 3 (50-54 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

**MASTER 4 (55-59 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

**MASTER 5 (60-64 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

**MASTER 6 (65-69 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

**MASTER 7 (70-74 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			

80						
90						
90+						

**MASTER 8 (75-79 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

**MASTER 9 (80-84 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			

**MASTER 10 (85-89 years) EQUIPPED**

WGT	Squat	Bench press	Deadlift
44			
47.5			
50.5			
53			
55.5			
58.5			
63			
70			
80			
90			
90+			