

**OPEN EQUIPPED**

| WGT  | Squat                  | Bench Press | Deadlift                |
|------|------------------------|-------------|-------------------------|
| 44   |                        |             |                         |
| 47.5 |                        |             |                         |
| 50.5 |                        |             |                         |
| 53   | Olivia Busby (2020) EC | 107.5       | Olivia Busby (2020) EC  |
| 55.5 |                        |             |                         |
| 58.5 |                        |             | THOMAS Ann (2017) EC    |
| 63   |                        |             | THOMAS Ann (2012) EC    |
| 70   |                        |             | COOPER Alisha (2016) EC |
| 80   |                        |             | COOPER Alisha (2016) EC |
| 90   |                        |             |                         |
| 90+  |                        |             |                         |

**TEENAGE 1 (14-15) yrs EQUIPPED**

| WGT  | Squat | Bench Press | Deadlift               |
|------|-------|-------------|------------------------|
| 44   |       |             |                        |
| 47.5 |       |             |                        |
| 50.5 |       |             |                        |
| 53   |       |             |                        |
| 55.5 |       |             |                        |
| 58.5 |       |             | THOMAS Megan (2017) EC |
| 63   |       |             |                        |
| 70   |       |             |                        |
| 80   |       |             |                        |
| 90   |       |             |                        |
| 90+  |       |             |                        |

**TEENAGE 2 (16-17 yrs) 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 yrs) EQUIPPED**

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |
| 50.5 |       |             |          |
| 53   |       |             |          |
| 55.5 |       |             |          |
| 58.5 |       |             |          |
| 63   |       |             |          |
| 70   |       |             |          |
| 80   |       |             |          |
| 90   |       |             |          |
| 90+  |       |             |          |

**JUNIOR (20-23 yrs) EQUIPPED**

| WGT  | Squat                  | Bench Press             | Deadlift               |
|------|------------------------|-------------------------|------------------------|
| 44   |                        |                         |                        |
| 47.5 |                        |                         |                        |
| 50.5 |                        |                         |                        |
| 53   | Olivia Busby (2020) EC | 107.5                   | Olivia Busby (2020) EC |
| 55.5 |                        |                         |                        |
| 58.5 |                        |                         |                        |
| 63   |                        |                         |                        |
| 70   |                        | COOPER Alisha (2016) EC | 120                    |
| 80   |                        | COOPER Alisha (2016) EC | 117.5                  |
| 90   |                        |                         |                        |
| 90+  |                        |                         |                        |

**MASTER 1 (40-44yrs) EQUIPPED**

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |
| 50.5 |       |             |          |
| 53   |       |             |          |
| 55.5 |       |             |          |
| 58.5 |       |             |          |
| 63   |       |             |          |
| 70   |       |             |          |
| 80   |       |             |          |
| 90   |       |             |          |
| 90+  |       |             |          |

**MASTER 2 (44-49yrs) EQUIPPED**

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |
| 50.5 |       |             |          |
| 53   |       |             |          |
| 55.5 |       |             |          |
| 58.5 |       |             |          |
| 63   |       |             |          |
| 70   |       |             |          |
| 80   |       |             |          |
| 90   |       |             |          |
| 90+  |       |             |          |

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

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |
| 50.5 |       |             |          |
| 53   |       |             |          |
| 55.5 |       |             |          |
| 58.5 |       |             |          |
| 63   |       |             |          |
| 70   |       |             |          |
| 80   |       |             |          |
| 90   |       |             |          |
| 90+  |       |             |          |

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

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |
| 50.5 |       |             |          |
| 53   |       |             |          |
| 55.5 |       |             |          |
| 58.5 |       |             |          |
| 63   |       |             |          |
| 70   |       |             |          |
| 80   |       |             |          |
| 90   |       |             |          |
| 90+  |       |             |          |

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

| WGT | Squat | Bench Press | Deadlift |
|-----|-------|-------------|----------|
|-----|-------|-------------|----------|

|      |  |  |  |  |  |
|------|--|--|--|--|--|
| 44   |  |  |  |  |  |
| 47.5 |  |  |  |  |  |
| 50.5 |  |  |  |  |  |
| 53   |  |  |  |  |  |
| 55.5 |  |  |  |  |  |
| 58.5 |  |  |  |  |  |
| 63   |  |  |  |  |  |
| 70   |  |  |  |  |  |
| 80   |  |  |  |  |  |
| 90   |  |  |  |  |  |
| 90+  |  |  |  |  |  |

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

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |
| 50.5 |       |             |          |
| 53   |       |             |          |
| 55.5 |       |             |          |
| 58.5 |       |             |          |
| 63   |       |             |          |
| 70   |       |             |          |
| 80   |       |             |          |
| 90   |       |             |          |
| 90+  |       |             |          |

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

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |
| 50.5 |       |             |          |
| 53   |       |             |          |
| 55.5 |       |             |          |
| 58.5 |       |             |          |
| 63   |       |             |          |
| 70   |       |             |          |
| 80   |       |             |          |
| 90   |       |             |          |
| 90+  |       |             |          |

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

| WGT | Squat | Bench Press | Deadlift |
|-----|-------|-------------|----------|
| 44  |       |             |          |

|      |  |  |  |  |  |
|------|--|--|--|--|--|
| 47.5 |  |  |  |  |  |
| 50.5 |  |  |  |  |  |
| 53   |  |  |  |  |  |
| 55.5 |  |  |  |  |  |
| 58.5 |  |  |  |  |  |
| 63   |  |  |  |  |  |
| 70   |  |  |  |  |  |
| 80   |  |  |  |  |  |
| 90   |  |  |  |  |  |
| 90+  |  |  |  |  |  |

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

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |
| 50.5 |       |             |          |
| 53   |       |             |          |
| 55.5 |       |             |          |
| 58.5 |       |             |          |
| 63   |       |             |          |
| 70   |       |             |          |
| 80   |       |             |          |
| 90   |       |             |          |
| 90+  |       |             |          |

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

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |
| 50.5 |       |             |          |
| 53   |       |             |          |
| 55.5 |       |             |          |
| 58.5 |       |             |          |
| 63   |       |             |          |
| 70   |       |             |          |
| 80   |       |             |          |
| 90   |       |             |          |
| 90+  |       |             |          |

**M/P/F EQUIPPED**

| WGT  | Squat | Bench Press | Deadlift |
|------|-------|-------------|----------|
| 44   |       |             |          |
| 47.5 |       |             |          |

|      |  |  |  |                      |     |
|------|--|--|--|----------------------|-----|
| 50.5 |  |  |  |                      |     |
| 53   |  |  |  |                      |     |
| 55.5 |  |  |  |                      |     |
| 58.5 |  |  |  | THOMAS Ann (2017) EC | 150 |
| 63   |  |  |  | THOMAS Ann (2012) EC | 150 |
| 70   |  |  |  |                      |     |
| 80   |  |  |  |                      |     |
| 90   |  |  |  |                      |     |
| 90+  |  |  |  |                      |     |