

MALE OPEN UNTESTED RANKING STANDARDS

MALE * OPEN * RAW * FULL POWER TOTALS - LEVELS OF QUALIFICATION

Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV
114	905	805	705	605	525	425
123	975	875	775	675	575	475
132	1070	970	870	770	670	570
148	1200	1100	1000	900	790	680
165	1320	1220	1120	1010	900	790
181	1440	1340	1240	1130	1020	920
198	1540	1440	1340	1230	1120	1020
220	1640	1540	1440	1330	1220	1120
242	1740	1640	1540	1430	1320	1220
275	1830	1730	1630	1530	1420	1320
308	1920	1820	1720	1630	1520	1420
SHW	2010	1910	1810	1720	1620	1520

MALE * OPEN * RAW * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
Squat	330	355	390	435	480	525	560	595	630	670	700	735
Bench	230	250	270	310	345	375	405	435	465	490	505	525
Deadlift	345	370	410	455	495	540	575	610	645	680	715	750

MALE * OPEN * RAW CLASSIC * FULL POWER TOTALS - LEVELS OF QUALIFICATION

Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV
114	930	830	730	630	550	450
123	1000	900	800	700	600	500
132	1095	995	895	795	695	595
148	1225	1125	1025	925	815	705
165	1345	1245	1145	1035	925	815
181	1465	1345	1265	1155	1045	945
198	1565	1465	1365	1255	1145	1045
220	1665	1565	1465	1355	1245	1145
242	1765	1665	1565	1455	1345	1245
275	1855	1755	1655	1555	1445	1345
308	1945	1845	1745	1655	1545	1445
SHW	2035	1935	1835	1745	1645	1545

MALE * OPEN * RAW CLASSIC * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
Squat	355	380	415	460	505	550	585	620	655	695	725	760
Bench	230	250	270	310	345	375	405	435	465	490	505	525
Deadlift	345	370	410	455	495	540	575	610	645	680	715	750

MALE * OPEN * SINGLE-PLY * FULL POWER TOTALS - LEVELS OF QUALIFICATION

Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV
114	995	905	815	725	650	565
123	1065	975	885	790	710	625

132	1160	1070	980	890	800	710
148	1280	1190	1090	990	880	770
165	1405	1305	1195	1095	995	885
181	1530	1430	1320	1210	1110	1000
198	1665	1565	1445	1325	1215	1105
220	1765	1665	1545	1425	1315	1205
242	1860	1760	1645	1525	1415	1305
275	1950	1850	1735	1625	1515	1405
308	2030	1930	1835	1725	1620	1505
SHW	2110	2000	1900	1800	1700	1605

MALE * OPEN * SINGLE-PLY * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
Squat	375	395	430	470	515	560	610	645	680	715	745	775
Bench	255	275	305	335	370	405	440	465	490	520	540	560
Deadlift	365	395	425	475	520	565	615	655	690	715	745	775

MALE * OPEN * MULTI-PLY * FULL POWER TOTALS - LEVELS OF QUALIFICATION

Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV
114	1095	995	895	795	680	590
123	1185	1085	975	865	755	650
132	1290	1180	1075	965	855	750
148	1400	1290	1175	1065	955	850
165	1515	1400	1290	1180	1065	950
181	1640	1520	1400	1300	1185	1085
198	1740	1610	1500	1390	1285	1175
220	1850	1720	1600	1490	1385	1265
242	1955	1835	1705	1600	1485	1365
275	2055	1935	1805	1700	1585	1465
308	2150	2015	1905	1800	1685	1555
SHW	2245	2100	1990	1890	1775	1655

MALE * OPEN * MULTI-PLY * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
Squat	410	440	480	520	565	605	645	685	720	755	790	825
Bench	270	300	330	360	385	425	450	485	515	550	575	600
Deadlift	415	445	480	520	565	610	645	680	720	750	785	820

MALE M/P/F UNTESTED RANKING STANDARDS

MALE * M/P/F * BY GEAR * FULL POWER TOTALS - LEVELS OF QUALIFICATION

114 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	875	900	980	1080
Master	770	795	875	975
Class I	680	705	795	885
Class II	580	605	705	805
Class III	480	505	605	705

123 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	950	975	1055	1150
Master	825	850	940	1030
Class I	745	770	850	940
Class II	645	670	750	850
Class III	555	580	670	770

Class IV	420	445	545	635
132 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1050	1075	1155	1255
Master	910	935	1035	1135
Class I	810	835	925	1025
Class II	710	735	825	915
Class III	635	660	750	840
Class IV	555	580	670	760

165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1270	1295	1375	1475
Master	1150	1175	1255	1355
Class I	1030	1055	1135	1235
Class II	940	965	1045	1145
Class III	860	885	965	1055
Class IV	760	785	865	955

198 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1500	1525	1625	1725
Master	1380	1405	1505	1605
Class I	1270	1295	1395	1495
Class II	1160	1185	1285	1385
Class III	1040	1065	1165	1255
Class IV	940	965	1055	1145

242 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1690	1715	1805	1905
Master	1570	1595	1685	1785
Class I	1460	1485	1575	1675
Class II	1355	1380	1470	1570
Class III	1245	1270	1360	1460
Class IV	1135	1160	1250	1340

308 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1855	1880	1970	2060
Master	1745	1770	1860	1960
Class I	1625	1650	1750	1850
Class II	1515	1540	1620	1710
Class III	1400	1425	1505	1605
Class IV	1300	1325	1405	1505

Class IV	490	515	605	695
148 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1160	1185	1265	1365
Master	1010	1035	1135	1235
Class I	910	935	1035	1135
Class II	810	835	935	1035
Class III	710	735	835	935
Class IV	625	650	750	850

181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1390	1415	1535	1635
Master	1270	1295	1400	1500
Class I	1170	1195	1300	1400
Class II	1070	1095	1200	1300
Class III	970	995	1095	1195
Class IV	865	890	990	1090

220 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1590	1615	1715	1815
Master	1480	1505	1605	1705
Class I	1370	1395	1495	1595
Class II	1260	1285	1385	1485
Class III	1150	1175	1275	1375
Class IV	1060	1085	1165	1255

275 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1780	1805	1895	1990
Master	1670	1695	1785	1875
Class I	1560	1585	1675	1765
Class II	1450	1475	1565	1665
Class III	1340	1365	1455	1555
Class IV	1230	1255	1345	1435

SHW lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1970	1995	2085	2175
Master	1840	1865	1945	2035
Class I	1720	1745	1825	1915
Class II	1600	1625	1705	1800
Class III	1490	1515	1600	1690
Class IV	1390	1415	1495	1585

MALE * M/P/F * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	320	345	380	420	465	510	550	585	620	650	675	720
Raw CI	345	370	405	445	490	535	575	610	645	675	700	745
Single-ply	370	390	430	470	510	570	605	635	665	700	725	765
Multi-ply	405	425	465	505	545	600	635	665	700	725	750	795
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	230	250	280	305	330	355	390	410	435	465	490	520

Raw CI	230	250	280	305	330	355	390	410	435	465	490	520
Single-ply	245	275	305	330	355	400	420	445	475	500	525	555
Multi-ply	270	300	330	360	385	435	460	485	505	540	560	585
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	325	355	390	435	475	525	560	595	635	665	690	730
Raw CI	325	355	390	435	475	525	560	595	635	665	690	730
Single-ply	365	390	420	465	510	565	600	635	665	695	720	765
Multi-ply	405	425	460	500	545	600	630	665	700	725	750	795

MALE SUBMASTERS UNTESTED RANKING STANDARDS

MALE * SUBMASTERS * BY GEAR * FULL POWER TOTALS - LEVELS OF QUALIFICATION

114 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	875	900	980	1080
Master	770	795	875	975
Class I	680	705	795	885
Class II	580	605	705	805
Class III	480	505	605	705
Class IV	420	445	545	635

132 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1050	1075	1155	1255
Master	910	935	1035	1135
Class I	810	835	925	1025
Class II	710	735	825	915
Class III	635	660	750	840
Class IV	555	580	670	760

165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1270	1295	1375	1475
Master	1150	1175	1255	1355
Class I	1030	1055	1135	1235
Class II	940	965	1045	1145
Class III	860	885	965	1055
Class IV	760	785	865	955

198 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1500	1525	1625	1725
Master	1380	1405	1505	1605
Class I	1270	1295	1395	1495
Class II	1160	1185	1285	1385
Class III	1040	1065	1165	1255
Class IV	940	965	1055	1145

242 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1690	1715	1805	1905
Master	1570	1595	1685	1785
Class I	1460	1485	1575	1675
Class II	1355	1380	1470	1570

123 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	950	975	1055	1150
Master	825	850	940	1030
Class I	745	770	850	940
Class II	645	670	750	850
Class III	555	580	670	770
Class IV	490	515	605	695

148 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1160	1185	1265	1365
Master	1010	1035	1135	1235
Class I	910	935	1035	1135
Class II	810	835	935	1035
Class III	710	735	835	935
Class IV	625	650	750	850

181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1390	1415	1535	1635
Master	1270	1295	1400	1500
Class I	1170	1195	1300	1400
Class II	1070	1095	1200	1300
Class III	970	995	1095	1195
Class IV	865	890	990	1090

220 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1590	1615	1715	1815
Master	1480	1505	1605	1705
Class I	1370	1395	1495	1595
Class II	1260	1285	1385	1485
Class III	1150	1175	1275	1375
Class IV	1060	1085	1165	1255

275 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1780	1805	1895	1990
Master	1670	1695	1785	1875
Class I	1560	1585	1675	1765
Class II	1450	1475	1565	1665

Class III	1245	1270	1360	1460
Class IV	1135	1160	1250	1340
308 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1855	1880	1970	2060
Master	1745	1770	1860	1960
Class I	1625	1650	1750	1850
Class II	1515	1540	1620	1710
Class III	1400	1425	1505	1605
Class IV	1300	1325	1405	1505

Class III	1340	1365	1455	1555
Class IV	1230	1255	1345	1435
SHW lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1970	1995	2085	2175
Master	1840	1865	1945	2035
Class I	1720	1745	1825	1915
Class II	1600	1625	1705	1800
Class III	1490	1515	1600	1690
Class IV	1390	1415	1495	1585

MALE * SUBMASTERS * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	320	345	380	420	465	510	550	585	620	650	675	720
Raw CI	345	370	405	445	490	535	575	610	645	675	700	745
Single-ply	370	390	430	470	510	570	605	635	665	700	725	765
Multi-ply	405	425	465	505	545	600	635	665	700	725	750	795
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	230	250	280	305	330	355	390	410	435	465	490	520
Raw CI	230	250	280	305	330	355	390	410	435	465	490	520
Single-ply	245	275	305	330	355	400	420	445	475	500	525	555
Multi-ply	270	300	330	360	385	435	460	485	505	540	560	585
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	325	355	390	435	475	525	560	595	635	665	690	730
Raw CI	325	355	390	435	475	525	560	595	635	665	690	730
Single-ply	365	390	420	465	510	565	600	635	665	695	720	765
Multi-ply	405	425	460	500	545	600	630	665	700	725	750	795

MALE JUNIORS UNTESTED RANKING STANDARDS

MALE * JUNIORS * BY GEAR * FULL POWER TOTALS - LEVELS OF QUALIFICATION

114 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	850	875	965	1065
Master	750	775	865	965
Class I	670	700	775	850
Class II	580	600	705	780
Class III	510	530	625	680
Class IV	415	435	540	590
132 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1010	1035	1125	1225
Master	910	935	1025	1125
Class I	800	825	915	1015
Class II	700	725	815	915
Class III	620	645	735	835
Class IV	540	565	655	755
165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1240	1265	1355	1455

123 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	920	945	1035	1135
Master	810	835	925	1025
Class I	715	745	835	915
Class II	635	665	770	835
Class III	565	595	680	740
Class IV	490	520	595	650
148 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1125	1150	1250	1350
Master	1010	1035	1135	1235
Class I	900	925	1025	1125
Class II	800	825	925	1025
Class III	700	725	825	925
Class IV	610	635	735	835
181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1360	1385	1475	1575

Master	1125	1150	1240	1340
Class I	1015	1040	1130	1230
Class II	915	940	1030	1130
Class III	805	830	930	1030
Class IV	715	740	830	930

198 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1460	1485	1585	1685
Master	1350	1375	1475	1575
Class I	1245	1270	1370	1470
Class II	1145	1170	1270	1370
Class III	1030	1055	1145	1245
Class IV	925	950	1045	1145

242 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1655	1680	1770	1870
Master	1550	1575	1665	1765
Class I	1440	1465	1555	1655
Class II	1335	1360	1450	1550
Class III	1225	1250	1340	1440
Class IV	1115	1140	1230	1330

308 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1835	1860	1950	2040
Master	1720	1745	1835	1935
Class I	1605	1630	1720	1820
Class II	1495	1520	1610	1700
Class III	1380	1405	1495	1585
Class IV	1275	1300	1390	1480

Master	1250	1275	1365	1465
Class I	1140	1165	1255	1355
Class II	1040	1065	1155	1255
Class III	930	955	1045	1145
Class IV	835	860	950	1050

220 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1570	1595	1685	1785
Master	1460	1485	1575	1675
Class I	1350	1375	1465	1565
Class II	1250	1275	1365	1465
Class III	1140	1165	1255	1355
Class IV	1040	1065	1155	1255

275 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1750	1775	1865	1965
Master	1640	1665	1755	1855
Class I	1535	1560	1650	1750
Class II	1425	1450	1540	1640
Class III	1320	1345	1435	1535
Class IV	1215	1240	1330	1430

SHW lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1925	1950	2040	2130
Master	1805	1830	1920	2010
Class I	1685	1710	1800	1890
Class II	1570	1595	1685	1775
Class III	1460	1485	1575	1665
Class IV	1350	1375	1465	1555

MALE * JUNIORS * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	305	330	365	405	445	490	525	565	600	635	670	705
Raw CI	330	355	375	430	470	510	550	590	625	660	695	730
Single-ply	360	385	410	455	495	535	580	615	655	685	715	750
Multi-ply	395	415	445	485	525	570	610	650	680	715	740	770
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	225	245	265	300	335	370	395	420	445	465	485	505
Raw CI	225	245	265	300	335	370	395	420	445	465	485	505
Single-ply	250	270	300	335	370	410	430	455	470	500	530	550
Multi-ply	280	305	335	380	405	445	470	495	515	545	570	590
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	320	345	380	420	460	500	540	585	610	650	680	715
Raw CI	320	345	380	420	460	500	540	585	610	650	680	715
Single-ply	355	380	410	460	490	530	575	605	645	680	705	740
Multi-ply	390	415	445	485	525	560	605	640	675	705	730	770

MALE MASTERS UNTESTED RANKING STANDARDS

MALE * MASTERS * by GEAR * FULL POWER TOTALS - LEVELS OF QUALIFICATION

114.5lb/52kg Masters - RAW

114 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	855	815	765	695	625	555	485	425	365	315
Masters	785	745	685	615	545	475	415	345	285	255
Class I	715	675	615	545	475	415	345	285	235	215
Class II	655	615	545	485	415	355	285	235	200	190
Class III	605	545	485	425	355	305	245	185	170	160
Class IV	545	485	425	355	305	245	200	155	140	135

114.5lb/52kg Masters - RAW CLASSIC

114 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	880	840	790	720	650	580	510	450	390	340
Masters	810	770	710	640	570	500	440	370	310	280
Class I	740	700	640	570	500	440	370	310	260	240
Class II	680	640	570	510	440	380	310	260	225	215
Class III	630	570	510	450	380	330	270	210	195	185
Class IV	570	510	450	380	330	270	225	180	165	160

114.5lb/52kg Masters - SINGLE-PLY

114 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	960	920	870	800	730	660	590	530	470	420
Masters	890	850	790	720	650	580	520	450	390	350
Class I	810	770	710	640	570	510	440	380	330	300
Class II	740	700	630	570	500	440	375	330	280	255
Class III	680	620	560	500	430	380	320	270	235	215
Class IV	600	550	500	450	380	330	270	220	185	175

114.5lb/52kg Masters - MULTI-PLY

114 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1055	990	930	875	820	765	695	625	560	490
Masters	985	930	875	825	745	680	590	530	470	400
Class I	905	850	805	750	680	590	530	470	400	345
Class II	805	750	690	645	580	530	460	400	340	295
Class III	745	685	610	560	510	455	400	340	285	245
Class IV	665	600	540	480	430	380	330	285	245	210

123.5lb/56kg Masters - RAW

123 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	935	885	835	785	725	645	575	495	435	375
Masters	855	815	755	715	645	565	495	425	375	325
Class I	765	725	665	625	585	495	425	355	315	275
Class II	685	635	585	535	495	425	375	295	235	215

Class III	615	555	505	455	415	365	315	245	195	175
Class IV	535	475	435	395	365	315	275	205	165	145

123.5lb/56kg Masters - RAW CLASSIC

123 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	960	910	860	810	750	670	600	520	460	400
Masters	880	840	780	740	670	590	520	450	400	350
Class I	790	750	690	650	610	520	450	385	340	300
Class II	710	660	610	560	520	450	400	320	260	240
Class III	640	580	530	485	440	395	355	270	220	200
Class IV	560	500	460	420	390	345	300	230	185	170

123.5lb/56kg Masters - SINGLE-PLY

123 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1050	1000	950	900	840	760	690	610	550	490
Masters	970	930	870	830	760	680	610	540	490	440
Class I	880	840	780	740	700	610	540	475	430	390
Class II	800	750	700	650	610	540	490	410	350	330
Class III	730	670	620	575	530	485	445	360	310	290
Class IV	650	590	550	510	480	435	390	320	280	250

123.5lb/56kg Masters - MULTI-PLY

123 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1140	1090	1040	990	930	850	780	700	640	580
Masters	1060	1020	960	920	850	770	700	630	580	530
Class I	970	930	870	830	790	700	630	565	520	480
Class II	890	840	790	740	700	630	580	500	440	420
Class III	820	760	710	665	620	575	535	450	400	380
Class IV	740	680	640	600	570	525	480	410	370	340

132.2lb/60kg Masters - RAW

132 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1040	995	945	885	825	765	695	625	555	505
Masters	970	915	875	830	755	700	635	560	500	450
Class I	890	845	795	745	695	625	555	500	450	400
Class II	790	760	725	685	635	585	505	460	405	350
Class III	720	690	655	615	575	525	465	410	360	310
Class IV	640	620	590	545	515	480	420	360	320	270

132.2lb/60kg Masters - RAW CLASSIC

132 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1065	1020	970	910	850	790	720	650	580	530
Masters	995	940	900	855	780	725	660	585	525	475
Class I	915	870	820	770	720	650	580	525	475	425

Class II	815	785	750	710	660	610	530	485	430	375
Class III	745	715	680	640	600	550	490	435	385	335
Class IV	665	645	615	570	540	505	445	385	345	295

132.2lb/60kg Masters - SINGLE-PLY

132 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1145	1100	1050	990	930	870	800	730	660	610
Masters	1075	1020	980	935	860	805	740	665	605	555
Class I	995	950	900	850	800	730	660	605	555	505
Class II	905	865	805	760	720	660	610	565	510	455
Class III	825	795	750	710	660	610	550	505	455	405
Class IV	745	705	665	625	580	545	500	450	400	350

132.2lb/60kg Masters - MULTI-PLY

132 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1245	1200	1150	1090	1030	970	900	830	760	710
Masters	1175	1120	1080	1035	960	905	840	765	705	655
Class I	1095	1050	1000	950	900	830	760	705	655	605
Class II	1005	965	905	860	820	760	710	665	610	555
Class III	925	895	850	810	760	710	650	605	555	505
Class IV	845	805	765	725	680	645	600	550	500	450

148.8lb/67.5kg Masters - RAW

148 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1145	1085	1025	965	900	835	765	685	605	525
Masters	1075	1015	950	885	820	755	675	600	520	435
Class I	995	935	870	805	740	675	595	520	440	365
Class II	900	840	775	710	645	580	515	440	380	325
Class III	825	765	705	640	575	505	445	370	325	275
Class IV	765	705	645	580	515	445	385	330	285	235

148.8lb/67.5kg Masters - RAW CLASSIC

148 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1170	1110	1050	990	925	860	790	710	630	550
Masters	1100	1040	975	910	845	780	700	625	545	460
Class I	1020	960	895	830	765	700	620	545	465	390
Class II	925	865	800	735	670	605	540	465	405	350
Class III	850	790	730	665	600	530	470	395	350	300
Class IV	790	730	670	605	540	470	410	355	310	260

148.8lb/67.5kg Masters - SINGLE-PLY

148 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1270	1210	1150	1090	1025	960	890	810	730	650
Masters	1200	1140	1075	1010	945	880	800	725	645	560

Class I	1120	1060	995	930	865	800	720	645	565	490
Class II	1025	965	900	835	770	705	640	565	505	450
Class III	950	890	830	765	700	630	570	495	450	400
Class IV	890	830	770	705	640	570	510	455	410	360

148.8lb/67.5kg Masters - MULTI-PLY

148 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1370	1310	1250	1190	1125	1060	990	910	830	750
Masters	1300	1240	1175	1110	1045	980	900	825	745	660
Class I	1220	1160	1095	1030	965	900	820	745	665	590
Class II	1125	1065	1000	935	870	805	740	665	605	550
Class III	1050	990	930	865	800	730	670	595	550	500
Class IV	990	930	870	805	740	670	610	555	510	460

165.3lb/75kg Masters - RAW

165 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1265	1205	1145	1085	1020	955	885	805	725	645
Masters	1195	1135	1070	1005	940	875	795	720	640	555
Class I	1115	1055	990	925	860	795	715	640	560	485
Class II	1020	960	895	830	765	700	635	560	500	445
Class III	945	885	825	760	695	625	565	490	445	395
Class IV	885	825	765	700	635	565	505	450	405	355

165.3lb/75kg Masters - RAW CLASSIC

165 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1290	1230	1170	1110	1045	980	910	830	750	670
Masters	1220	1160	1095	1030	965	900	820	745	665	580
Class I	1140	1080	1015	950	885	820	740	665	585	510
Class II	1045	985	920	855	790	725	660	585	525	470
Class III	970	910	850	785	720	650	590	515	470	420
Class IV	910	850	790	725	660	590	530	475	430	380

165.3lb/75kg Masters - SINGLE-PLY

165 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1380	1320	1260	1200	1135	1070	1000	920	840	760
Masters	1310	1250	1185	1120	1055	990	910	835	755	670
Class I	1230	1170	1105	1040	975	910	830	755	675	600
Class II	1135	1075	1010	945	880	815	750	675	615	560
Class III	1060	1000	940	875	810	740	680	605	560	510
Class IV	1000	940	880	815	750	680	620	565	520	470

165.3lb/75kg Masters - MULTI-PLY

165 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1480	1420	1360	1300	1235	1170	1100	1020	940	860

Masters	1410	1350	1285	1220	1155	1090	1010	935	855	770
Class I	1330	1270	1205	1140	1075	1010	930	855	775	700
Class II	1235	1175	1110	1045	980	915	850	775	715	660
Class III	1160	1100	1040	975	910	840	780	705	660	610
Class IV	1100	1040	980	915	850	780	720	665	620	570

181.8lb/82.5kg Masters - RAW

181 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1390	1330	1270	1205	1125	1045	955	875	805	745
Masters	1305	1255	1190	1130	1050	970	890	800	740	670
Class I	1225	1175	1120	1050	970	900	830	740	690	600
Class II	1125	1085	1030	970	900	840	775	690	640	540
Class III	1055	995	950	900	840	790	710	640	590	490
Class IV	965	930	890	840	790	740	660	590	540	440

181.8lb/82.5kg Masters - RAW CLASSIC

181 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1415	1355	1295	1230	1150	1070	980	900	830	770
Masters	1330	1280	1215	1155	1075	995	915	825	765	695
Class I	1250	1200	1145	1075	995	925	855	765	715	625
Class II	1150	1110	1055	995	925	865	800	715	665	565
Class III	1080	1020	975	925	865	815	735	665	615	515
Class IV	990	955	915	865	815	765	685	615	565	465

181.8lb/82.5kg Masters - SINGLE-PLY

181 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1515	1455	1395	1330	1250	1170	1080	1000	930	870
Masters	1430	1380	1315	1255	1175	1095	1015	925	865	795
Class I	1350	1300	1245	1175	1095	1025	955	865	815	725
Class II	1250	1210	1155	1095	1025	965	900	815	765	665
Class III	1180	1120	1075	1025	965	915	835	765	715	615
Class IV	1090	1055	1015	965	915	865	785	715	665	565

181.8lb/82.5kg Masters - MULTI-PLY

181 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1615	1555	1495	1430	1350	1270	1180	1100	1030	970
Masters	1530	1480	1415	1355	1275	1195	1115	1025	965	895
Class I	1450	1400	1345	1275	1195	1125	1055	965	915	825
Class II	1350	1310	1255	1195	1125	1065	1000	915	865	765
Class III	1280	1220	1175	1125	1065	1015	935	865	815	715
Class IV	1190	1155	1115	1065	1015	965	885	815	765	665

198.4lb/90kg Masters - RAW

198 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}

Elite	1525	1460	1390	1320	1250	1180	1085	1005	950	920
Masters	1425	1360	1290	1220	1150	1080	985	905	850	820
Class I	1325	1260	1190	1120	1050	980	885	805	750	720
Class II	1225	1160	1090	1020	950	880	785	705	650	620
Class III	1125	1060	990	920	850	780	685	605	550	520
Class IV	1025	960	890	820	750	680	585	505	480	450

198.4lb/90kg Masters - RAW CLASSIC

198 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1550	1485	1415	1345	1275	1205	1110	1030	975	945
Masters	1450	1385	1315	1245	1175	1105	1010	930	875	835
Class I	1350	1285	1215	1145	1075	1005	910	830	775	725
Class II	1250	1185	1115	1045	975	905	810	730	675	635
Class III	1150	1085	1015	945	875	805	740	650	605	575
Class IV	1050	985	915	845	775	715	620	560	535	500

198.4lb/90kg Masters - SINGLE-PLY

198 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1650	1585	1515	1445	1375	1305	1210	1130	1075	1045
Masters	1550	1485	1415	1345	1275	1205	1110	1030	975	935
Class I	1450	1385	1315	1245	1175	1105	1010	930	875	825
Class II	1350	1285	1215	1145	1075	1005	910	830	775	735
Class III	1250	1185	1115	1045	975	905	840	750	705	675
Class IV	1150	1085	1015	945	875	815	720	660	635	600

198.4lb/90kg Masters - MULTI-PLY

198 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1730	1665	1595	1525	1455	1385	1290	1210	1155	1125
Masters	1630	1565	1515	1425	1355	1285	1190	1110	1055	1025
Class I	1530	1465	1415	1325	1255	1185	1090	1010	955	925
Class II	1430	1365	1315	1225	1155	1085	990	910	855	815
Class III	1330	1265	1215	1125	1055	1005	890	840	805	755
Class IV	1230	1165	1115	1025	955	915	810	770	735	685

220.4lb/100kg Masters - RAW

220 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1610	1550	1490	1430	1370	1280	1160	1070	990	930
Masters	1530	1470	1410	1340	1280	1210	1080	980	910	850
Class I	1460	1400	1340	1250	1190	1130	1000	910	840	780
Class II	1370	1310	1250	1180	1120	1060	930	850	780	720
Class III	1290	1230	1180	1100	1050	990	880	790	725	670
Class IV	1180	1130	1080	1030	980	930	830	730	675	610

220.4lb/100kg Masters - RAW CLASSIC

220 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
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Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1635	1575	1515	1445	1395	1305	1185	1095	1015	955
Masters	1555	1495	1435	1365	1305	1235	1105	1005	935	875
Class I	1485	1425	1365	1275	1215	1155	1025	935	865	805
Class II	1395	1335	1275	1205	1145	1085	955	875	805	745
Class III	1315	1255	1205	1125	1075	1015	905	815	750	695
Class IV	1205	1155	1105	1055	1005	955	855	755	700	635

220.4lb/100kg Masters - SINGLE-PLY

<u>220 lb Class</u>	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1715	1655	1595	1525	1475	1385	1265	1175	1115	1065
Masters	1635	1580	1520	1450	1390	1320	1190	1090	1020	960
Class I	1570	1510	1450	1360	1300	1240	1110	1020	950	890
Class II	1480	1420	1360	1290	1230	1170	1050	960	890	830
Class III	1400	1340	1290	1210	1160	1100	1000	900	835	780
Class IV	1330	1280	1190	1140	1090	1040	940	840	785	720

220.4lb/100kg Masters - MULTI-PLY

<u>220 lb Class</u>	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1825	1765	1705	1635	1585	1495	1375	1285	1205	1145
Masters	1745	1690	1630	1560	1500	1430	1300	1200	1130	1070
Class I	1680	1620	1560	1470	1410	1350	1220	1130	1060	1000
Class II	1590	1530	1470	1400	1340	1280	1160	1070	1000	940
Class III	1510	1450	1400	1320	1270	1210	1110	1010	945	890
Class IV	1440	1390	1300	1250	1200	1150	1050	950	895	830

242.5lb/110kg Masters - RAW

<u>242 lb Class</u>	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1690	1630	1570	1510	1450	1350	1240	1150	1070	1010
Masters	1620	1560	1500	1440	1380	1280	1170	1080	1000	940
Class I	1550	1490	1430	1370	1310	1210	1100	1010	930	870
Class II	1460	1400	1340	1260	1220	1120	1010	940	850	790
Class III	1380	1320	1260	1180	1140	1040	930	870	780	720
Class IV	1280	1220	1160	1080	1040	970	870	810	720	650

242.5lb/110kg Masters - RAW CLASSIC

<u>242 lb Class</u>	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1715	1655	1595	1535	1475	1375	1265	1175	1095	1035
Masters	1645	1585	1525	1465	1405	1305	1195	1105	1025	965
Class I	1575	1515	1455	1395	1335	1235	1125	1035	955	895
Class II	1485	1425	1365	1285	1245	1145	1035	965	875	815
Class III	1405	1345	1285	1205	1165	1065	955	895	805	745
Class IV	1305	1245	1185	1105	1065	995	895	835	745	675

242.5lb/110kg Masters - SINGLE-PLY

242 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1805	1745	1685	1625	1550	1465	1355	1265	1185	1125
Masters	1740	1680	1620	1560	1490	1400	1290	1200	1120	1040
Class I	1670	1610	1530	1480	1410	1330	1220	1120	1050	970
Class II	1580	1520	1460	1380	1330	1240	1120	1060	960	890
Class III	1500	1440	1380	1300	1250	1160	1040	990	900	810
Class IV	1400	1340	1280	1200	1150	1080	980	920	820	750

242.5lb/110kg Masters - MULTI-PLY

242 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1900	1840	1780	1720	1640	1555	1445	1355	1275	1215
Masters	1835	1775	1715	1655	1580	1490	1380	1290	1210	1130
Class I	1765	1705	1625	1575	1500	1420	1310	1210	1140	1060
Class II	1675	1615	1555	1475	1420	1330	1210	1150	1050	980
Class III	1595	1535	1475	1395	1340	1250	1130	1080	990	900
Class IV	1495	1435	1375	1295	1240	1170	1070	1010	910	840

275.5lb/125kg Masters - RAW

275 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1770	1700	1630	1550	1480	1390	1300	1230	1150	1080
Masters	1680	1610	1530	1460	1400	1300	1200	1130	1060	990
Class I	1610	1540	1470	1400	1330	1230	1130	1065	1005	920
Class II	1540	1470	1400	1330	1260	1160	1060	1005	940	860
Class III	1460	1400	1335	1260	1180	1090	990	950	890	800
Class IV	1370	1320	1260	1180	1100	1030	930	890	830	730

275.5lb/125kg Masters - RAW CLASSIC

275 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1795	1725	1655	1575	1505	1415	1325	1255	1175	1105
Masters	1705	1635	1555	1485	1425	1325	1225	1155	1085	1015
Class I	1635	1565	1495	1425	1355	1255	1155	1090	1030	945
Class II	1565	1495	1425	1355	1285	1185	1085	1030	965	885
Class III	1485	1425	1360	1285	1205	1115	1015	975	915	825
Class IV	1395	1345	1285	1205	1125	1055	955	915	855	755

275.5lb/125kg Masters - SINGLE-PLY

275 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1875	1805	1735	1655	1585	1495	1405	1335	1255	1185
Masters	1785	1715	1635	1565	1505	1405	1305	1235	1165	1095
Class I	1715	1645	1575	1505	1435	1335	1235	1170	1110	1025
Class II	1645	1575	1505	1435	1365	1265	1165	1110	1045	975
Class III	1565	1505	1440	1365	1285	1195	1095	1055	995	905
Class IV	1475	1425	1365	1285	1205	1135	1035	995	935	835

275.5lb/125kg Masters - MULTI-PLY

275 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1985	1915	1845	1765	1695	1605	1500	1430	1350	1280
Masters	1885	1815	1735	1665	1595	1495	1395	1325	1245	1175
Class I	1815	1745	1675	1605	1525	1425	1325	1250	1190	1105
Class II	1745	1675	1605	1535	1455	1355	1255	1190	1125	1055
Class III	1665	1605	1540	1465	1375	1275	1185	1135	1075	985
Class IV	1575	1525	1465	1385	1295	1225	1125	1075	1015	915

308.6lb/140kg Masters - RAW

308 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1855	1780	1705	1635	1555	1455	1355	1270	1195	1105
Masters	1765	1685	1610	1550	1470	1370	1270	1180	1110	1010
Class I	1685	1615	1550	1485	1400	1300	1200	1110	1040	940
Class II	1615	1545	1485	1420	1320	1220	1120	1045	980	880
Class III	1545	1470	1420	1350	1250	1150	1050	980	925	820
Class IV	1470	1410	1350	1280	1180	1080	980	930	875	770

308.6lb/140kg Masters - RAW CLASSIC

308 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1880	1805	1730	1660	1580	1480	1380	1295	1220	1130
Masters	1790	1710	1635	1575	1495	1395	1295	1205	1135	1035
Class I	1710	1640	1575	1510	1425	1325	1225	1135	1065	965
Class II	1640	1570	1510	1445	1345	1245	1145	1070	1005	905
Class III	1570	1495	1445	1375	1275	1175	1075	1005	950	845
Class IV	1495	1435	1375	1305	1205	1105	1005	955	900	795

308.6lb/140kg Masters - SINGLE-PLY

308 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1970	1895	1820	1750	1670	1570	1470	1385	1310	1220
Masters	1880	1805	1730	1665	1585	1485	1385	1295	1225	1125
Class I	1790	1720	1665	1600	1515	1415	1315	1225	1155	1055
Class II	1720	1650	1600	1535	1435	1335	1235	1160	1095	995
Class III	1650	1575	1525	1465	1365	1265	1165	1095	1040	925
Class IV	1575	1515	1465	1395	1295	1195	1095	1045	980	865

308.6lb/140kg Masters - MULTI-PLY

308 lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	2050	1975	1900	1830	1750	1650	1550	1465	1390	1300
Masters	1970	1895	1810	1735	1665	1555	1465	1375	1315	1215
Class I	1870	1800	1745	1670	1600	1495	1385	1315	1235	1135
Class II	1790	1730	1670	1605	1515	1415	1315	1240	1165	1065
Class III	1720	1655	1595	1535	1435	1335	1235	1175	1100	1000

Class IV	1645	1595	1535	1465	1365	1265	1165	1115	1040	940
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308.7+lb/140.1+kg Masters - RAW

308.7+ lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1945	1865	1795	1715	1625	1505	1400	1315	1235	1165
Masters	1870	1770	1670	1610	1520	1405	1305	1225	1155	1085
Class I	1790	1690	1590	1520	1430	1325	1225	1135	1065	1000
Class II	1710	1610	1510	1445	1345	1245	1145	1045	965	900
Class III	1640	1540	1440	1375	1275	1175	1075	975	885	825
Class IV	1565	1465	1365	1315	1215	1115	1015	915	815	745

308.7+lb/140.1+kg Masters - RAW CLASSIC

308.7+ lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	1970	1890	1820	1740	1640	1530	1425	1340	1260	1190
Masters	1895	1795	1695	1635	1545	1430	1330	1250	1180	1110
Class I	1815	1715	1615	1545	1455	1350	1250	1160	1090	1025
Class II	1735	1635	1535	1470	1370	1270	1170	1070	990	925
Class III	1665	1565	1465	1400	1300	1200	1100	1000	910	850
Class IV	1590	1490	1390	1340	1240	1140	1040	940	840	770

308.7+lb/140.1+kg Masters - SINGLE-PLY

308.7+ lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	2040	1960	1890	1810	1710	1590	1500	1415	1350	1280
Masters	1965	1875	1775	1715	1615	1490	1390	1310	1240	1170
Class I	1875	1795	1700	1625	1525	1420	1320	1220	1150	1085
Class II	1795	1715	1625	1550	1460	1360	1260	1160	1070	1005
Class III	1735	1645	1565	1485	1385	1270	1170	1080	980	935
Class IV	1650	1560	1470	1425	1325	1200	1100	1010	910	855

308.7+lb/140.1+kg Masters - MULTI-PLY

308.7+ lb Class	M-1	M-2	M-3	M-4	M-5	M-6	M-7	M-8	M-9	M-10
Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80-84}	{85+}
Elite	2140	2060	1990	1910	1810	1690	1585	1500	1420	1350
Masters	2065	1975	1875	1815	1715	1590	1490	1410	1340	1270
Class I	1975	1895	1800	1725	1625	1520	1420	1320	1250	1185
Class II	1895	1815	1725	1650	1560	1460	1360	1260	1180	1105
Class III	1825	1745	1665	1585	1485	1370	1270	1180	1120	1035
Class IV	1740	1660	1570	1525	1425	1300	1200	1110	1040	965

MALE * MASTERS * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

MASTERS RAW - PRO-ELITE LIFTS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	310	340	375	410	455	505	560	595	620	650	680	710
M2 (45-49)	295	320	360	385	435	480	535	570	600	625	650	680
M3 (50-54)	270	305	345	365	415	460	510	545	575	600	625	655

M4 (55-59)	245	285	320	340	390	435	480	525	550	570	600	625
M5 (60-64)	220	265	300	320	365	400	455	505	530	540	570	590
M6 (65-69)	195	230	275	300	340	365	430	470	500	505	530	545
M7 (70-74)	170	205	255	275	315	330	395	420	445	470	490	510
M8 (75-79)	150	175	225	250	285	305	360	385	410	445	460	475
M9 (80-84)	130	155	200	220	265	280	340	350	385	410	430	445
M10 (85+)	110	130	185	190	235	255	330	335	360	390	400	420
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	220	240	270	310	335	365	390	410	435	460	480	510
M2 (45-49)	215	225	255	295	320	350	375	390	415	440	460	490
M3 (50-54)	205	210	240	280	300	335	355	380	405	420	440	470
M4 (55-59)	190	195	225	265	285	320	340	365	390	400	420	450
M5 (60-64)	165	180	210	245	270	310	325	345	375	385	400	425
M6 (65-69)	145	165	195	220	255	295	310	330	355	360	380	395
M7 (70-74)	130	145	175	200	235	275	290	305	330	345	360	370
M8 (75-79)	110	125	155	165	215	250	270	285	310	330	335	350
M9 (80-84)	95	110	135	150	180	230	255	265	285	310	320	330
M10 (85+)	80	95	120	130	160	210	245	245	270	285	295	310
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	325	355	395	425	475	520	575	605	635	660	695	725
M2 (45-49)	305	340	380	405	450	500	550	590	615	635	670	695
M3 (50-54)	290	320	360	380	430	475	525	565	590	610	640	670
M4 (55-59)	260	305	340	360	410	450	500	540	570	580	615	640
M5 (60-64)	240	280	315	335	385	415	470	520	545	555	585	610
M6 (65-69)	215	250	290	315	360	385	440	480	520	525	545	565
M7 (70-74)	185	225	265	290	335	350	410	435	465	485	505	520
M8 (75-79)	165	195	245	270	305	320	375	400	430	455	475	490
M9 (80-84)	140	170	220	235	280	295	355	375	400	430	445	460
M10 (85+)	125	150	200	205	250	280	345	350	380	405	410	435

MASTERS RAW CLASSIC - PRO-ELITE LIFTS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	335	365	400	435	480	530	585	620	645	675	705	735
M2 (45-49)	320	345	385	410	460	505	560	595	625	650	675	705
M3 (50-54)	295	330	370	390	440	485	535	570	600	625	650	680
M4 (55-59)	270	310	345	365	415	460	505	550	575	595	625	650
M5 (60-64)	245	290	325	345	390	425	480	530	555	565	595	615
M6 (65-69)	220	255	300	325	365	390	455	495	525	530	555	570
M7 (70-74)	195	230	280	300	340	355	420	445	470	495	515	535
M8 (75-79)	175	200	250	275	310	330	385	410	435	470	485	500
M9 (80-84)	155	280	225	245	290	305	365	375	410	435	455	470
M10 (85+)	135	155	210	215	260	280	355	360	385	415	425	445
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	220	240	270	310	335	365	390	410	435	460	480	510

M2 (45-49)	215	225	255	295	320	350	375	390	415	440	460	490
M3 (50-54)	205	210	240	280	300	335	355	380	405	420	440	470
M4 (55-59)	190	195	225	265	285	320	340	365	390	400	420	450
M5 (60-64)	165	180	210	245	270	310	325	345	375	385	400	425
M6 (65-69)	145	165	195	220	255	295	310	330	355	360	380	395
M7 (70-74)	130	145	175	200	235	275	290	305	330	345	360	370
M8 (75-79)	110	125	155	165	215	250	270	285	310	330	335	350
M9 (80-84)	95	110	135	150	180	230	255	265	285	310	320	330
M10 (85+)	80	95	120	130	160	210	245	245	270	285	295	310
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	325	355	395	425	475	520	575	605	635	660	695	725
M2 (45-49)	305	340	380	405	450	500	550	590	615	635	670	695
M3 (50-54)	290	320	360	380	430	475	525	565	590	610	640	670
M4 (55-59)	260	305	340	360	410	450	500	540	570	580	615	640
M5 (60-64)	240	280	315	335	385	415	470	520	545	555	585	610
M6 (65-69)	215	250	290	315	360	385	440	480	520	525	545	565
M7 (70-74)	185	225	265	290	335	350	410	435	465	485	505	520
M8 (75-79)	165	195	245	270	305	320	375	400	430	455	475	490
M9 (80-84)	140	170	220	235	280	295	355	375	400	430	445	460
M10 (85+)	125	150	200	205	250	280	345	350	380	405	410	435

MASTERS SINGLE-PLY - PRO-ELITE LIFTS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	360	390	425	470	510	555	615	640	675	700	735	760
M2 (45-49)	345	375	410	445	490	535	585	615	650	675	705	730
M3 (50-54)	325	350	395	425	470	515	560	590	620	645	680	700
M4 (55-59)	295	335	370	405	450	490	535	565	605	615	655	670
M5 (60-64)	270	315	345	380	425	460	510	545	575	585	620	630
M6 (65-69)	245	285	320	355	400	430	480	510	540	550	580	585
M7 (70-74)	220	260	295	330	370	395	450	470	495	515	540	550
M8 (75-79)	200	230	270	300	340	365	425	440	465	490	505	515
M9 (80-84)	175	205	235	265	310	340	405	420	435	460	480	495
M10 (85+)	160	185	225	235	280	320	395	400	415	435	445	470
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	240	270	295	330	360	405	420	435	455	475	495	520
M2 (45-49)	235	250	280	315	340	385	410	425	445	455	480	500
M3 (50-54)	220	235	265	300	320	365	395	415	430	440	460	485
M4 (55-59)	210	225	250	280	300	350	375	400	415	425	440	470
M5 (60-64)	190	205	240	265	285	330	355	385	400	410	425	450
M6 (65-69)	170	190	225	245	265	310	340	365	385	395	410	420
M7 (70-74)	155	170	210	230	255	290	310	325	360	375	390	400
M8 (75-79)	135	150	190	210	235	265	280	295	335	350	375	385
M9 (80-84)	120	135	175	200	220	250	265	270	315	335	350	360
M10 (85+)	100	120	160	180	200	230	255	260	295	315	330	340

DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	360	390	425	470	510	555	615	640	675	700	740	760
M2 (45-49)	340	375	410	450	490	535	590	615	650	675	710	730
M3 (50-54)	325	350	390	425	470	515	560	590	625	650	680	705
M4 (55-59)	295	340	370	405	450	490	535	560	605	615	655	670
M5 (60-64)	270	315	345	380	425	460	510	545	575	590	625	630
M6 (65-69)	245	285	325	360	405	430	480	510	540	550	580	585
M7 (70-74)	215	260	295	330	375	395	450	470	500	515	540	550
M8 (75-79)	195	230	270	300	345	370	425	440	465	495	505	515
M9 (80-84)	175	210	240	265	310	340	405	425	435	460	480	495
M10 (85+)	160	185	225	235	280	320	395	405	415	435	445	470

MASTERS MULTI-PLY - PRO-ELITE LIFTS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	390	420	460	500	545	595	640	675	695	730	750	785
M2 (45-49)	365	405	445	480	525	575	615	655	680	705	720	750
M3 (50-54)	345	390	425	455	500	550	590	630	660	675	690	725
M4 (55-59)	325	370	405	435	480	525	560	605	640	650	670	690
M5 (60-64)	305	345	385	410	455	490	535	590	610	625	640	650
M6 (65-69)	280	315	360	385	430	460	510	555	575	590	600	605
M7 (70-74)	255	285	335	360	400	425	470	505	530	545	560	570
M8 (75-79)	230	255	305	330	370	395	440	470	495	525	530	535
M9 (80-84)	210	235	280	300	340	370	425	440	465	495	505	510
M10 (85+)	185	215	265	275	315	350	415	420	445	470	475	490
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	275	300	330	370	390	425	450	475	510	530	550	575
M2 (45-49)	260	280	315	355	375	410	435	460	480	510	535	560
M3 (50-54)	245	265	300	340	360	400	420	445	465	495	520	545
M4 (55-59)	230	250	285	325	345	385	405	425	445	470	490	530
M5 (60-64)	215	240	265	310	330	370	390	410	425	450	470	515
M6 (65-69)	205	225	250	290	315	350	370	390	410	430	450	480
M7 (70-74)	190	210	235	270	300	330	350	370	390	410	430	450
M8 (75-79)	170	195	220	255	280	310	330	350	365	385	410	430
M9 (80-84)	145	175	205	230	260	295	310	325	345	365	385	405
M10 (85+)	125	155	185	205	235	275	295	305	325	340	355	375
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	390	420	455	500	545	595	640	675	695	725	750	780
M2 (45-49)	365	405	440	475	520	570	615	650	680	700	720	750
M3 (50-54)	340	385	425	455	500	545	585	630	655	675	690	720
M4 (55-59)	320	370	400	430	475	520	560	605	635	645	670	690
M5 (60-64)	300	345	380	405	450	490	530	585	605	620	640	645
M6 (65-69)	280	310	360	385	425	460	505	550	570	585	600	605
M7 (70-74)	250	285	330	360	400	425	470	500	525	545	560	565
M8 (75-79)	225	250	305	325	370	395	440	465	495	520	525	535

M9 (80-84)	205	230	275	300	340	365	420	440	465	490	500	505
M10 (85+)	180	210	260	270	310	345	415	420	445	470	470	485

MALE YOUTH UNTESTED RANKING STANDARDS

MALE * YOUTH * BY GEAR * FULL POWER TOTALS - LEVELS OF QUALIFICATION

114 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	625	650	710	780
Master	545	570	630	700
Class I	465	490	550	620
Class II	400	425	485	555
Class III	330	355	415	485
Class IV	275	300	360	430

132 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	740	765	835	915
Master	665	690	760	840
Class I	585	610	680	760
Class II	515	540	610	690
Class III	445	470	540	620
Class IV	375	400	470	550

165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	855	880	950	1030
Master	775	800	870	950
Class I	695	720	790	870
Class II	625	650	720	800
Class III	555	580	650	730
Class IV	485	510	580	660

198 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1015	1040	1110	1190
Master	925	950	1020	1100
Class I	835	860	930	1010
Class II	760	785	855	935
Class III	680	705	775	855
Class IV	610	635	705	785

242 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1190	1215	1285	1365
Master	1090	1115	1185	1265
Class I	1010	1035	1105	1185
Class II	920	945	1015	1095
Class III	840	865	935	1015
Class IV	760	785	855	935

308 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1345	1370	1440	1520
Master	1240	1265	1335	1415
Class I	1140	1165	1235	1315

123 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	680	705	775	855
Master	620	645	715	795
Class I	540	565	635	715
Class II	460	485	555	635
Class III	390	415	485	565
Class IV	335	360	430	510

148 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	785	810	880	960
Master	715	740	810	890
Class I	625	650	720	800
Class II	555	580	650	730
Class III	495	520	590	670
Class IV	435	460	530	610

181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	925	950	1020	1100
Master	835	860	930	1010
Class I	750	775	845	925
Class II	675	700	770	850
Class III	605	630	700	780
Class IV	530	555	625	705

220 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1120	1145	1215	1295
Master	1035	1060	1130	1210
Class I	945	970	1040	1120
Class II	860	885	955	1035
Class III	780	805	875	955
Class IV	690	715	785	865

275 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1270	1295	1365	1445
Master	1180	1205	1275	1355
Class I	1080	1105	1185	1265
Class II	995	1020	1090	1170
Class III	915	940	1010	1090
Class IV	840	865	935	1015

SHW lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1410	1435	1505	1585
Master	1300	1325	1395	1475
Class I	1220	1245	1315	1395

Class II	1055	1080	1150	1230
Class III	975	1000	1070	1150
Class IV	895	920	990	1070

Class II	1125	1150	1220	1300
Class III	1040	1065	1135	1215
Class IV	965	990	1060	1140

MALE * YOUTH * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	240	255	280	290	315	345	380	415	440	465	485	510
Raw CI	265	275	305	310	340	370	405	440	465	490	510	535
Single-ply	280	295	320	335	360	385	425	455	485	510	535	550
Multi-ply	295	320	340	360	385	410	445	480	505	535	560	580
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	135	150	170	185	200	220	240	270	295	325	355	380
Raw CI	135	150	170	185	200	220	240	270	295	325	355	380
Single-ply	155	185	205	220	235	255	280	310	330	350	380	405
Multi-ply	190	215	235	250	260	290	320	350	360	375	405	430
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	250	275	290	295	340	360	395	435	455	480	505	520
Raw CI	250	275	290	295	340	360	395	435	455	480	505	520
Single-ply	275	295	310	325	355	380	405	450	470	505	525	550
Multi-ply	285	320	340	350	385	400	425	465	500	535	550	575

MALE TEEN-1 (13-15) UNTESTED RANKING STANDARDS

MALE * TEEN-1 * BY GEAR * FULL POWER TOTALS - LEVELS OF QUALIFICATION

114 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	725	750	830	910
Master	645	670	750	830
Class I	565	590	670	750
Class II	500	525	605	685
Class III	430	455	535	615
Class IV	365	390	470	550

132 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	840	865	945	1025
Master	755	780	860	940
Class I	685	710	790	870
Class II	615	640	720	800
Class III	545	570	650	730
Class IV	475	500	580	660

165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	955	980	1060	1140
Master	875	900	980	1060
Class I	795	820	900	980
Class II	725	750	830	910
Class III	655	680	760	840
Class IV	585	610	690	770

198 lb Class	Raw	Raw CI	SP	MP
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123 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	780	805	885	965
Master	720	745	825	905
Class I	640	665	745	825
Class II	560	585	665	745
Class III	490	515	595	675
Class IV	430	455	535	615

148 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	885	910	990	1070
Master	815	840	920	1000
Class I	725	750	830	910
Class II	655	680	760	840
Class III	595	620	700	780
Class IV	535	560	640	720

181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1025	1050	1130	1210
Master	935	960	1040	1120
Class I	850	875	955	1035
Class II	775	800	880	960
Class III	705	730	810	890
Class IV	630	655	735	815

220 lb Class	Raw	Raw CI	SP	MP
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Pro-Elite	1115	1140	1220	1300
Master	1025	1050	1130	1210
Class I	935	960	1040	1120
Class II	860	885	965	1045
Class III	780	805	885	965
Class IV	710	735	815	895

242 lb Class Raw Raw CI SP MP

Pro-Elite	1290	1315	1395	1475
Master	1190	1215	1295	1375
Class I	1110	1135	1215	1295
Class II	1020	1045	1125	1205
Class III	940	965	1045	1125
Class IV	860	885	965	1045

308 lb Class Raw Raw CI SP MP

Pro-Elite	1445	1470	1550	1630
Master	1340	1365	1445	1525
Class I	1240	1265	1345	1425
Class II	1155	1180	1260	1340
Class III	1075	1100	1180	1260
Class IV	995	1020	1200	1280

Pro-Elite	1220	1245	1325	1405
Master	1135	1160	1240	1320
Class I	1045	1070	1150	1230
Class II	960	985	1065	1145
Class III	880	905	985	1065
Class IV	790	815	895	975

275 lb Class Raw Raw CI SP MP

Pro-Elite	1370	1395	1475	1555
Master	1280	1305	1385	1465
Class I	1180	1205	1285	1365
Class II	1095	1120	1200	1280
Class III	1015	1040	1120	1200
Class IV	940	965	1045	1125

SHW lb Class Raw Raw CI SP MP

Pro-Elite	1510	1535	1615	1695
Master	1400	1425	1505	1585
Class I	1320	1345	1425	1505
Class II	1225	1250	1330	1410
Class III	1140	1165	1245	1325
Class IV	1065	1090	1170	1250

MALE * TEEN-1 * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	280	295	320	330	355	385	420	455	480	510	525	550
Raw CI	305	320	345	355	380	410	445	480	505	535	550	575
Single-ply	320	335	360	375	400	425	465	495	525	555	575	600
Multi-ply	335	360	380	400	425	440	485	520	545	580	600	625
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	155	170	190	205	220	240	260	290	295	340	375	400
Raw CI	155	170	190	205	220	240	260	290	295	340	375	400
Single-ply	175	205	225	240	255	295	300	330	330	370	410	425
Multi-ply	210	235	255	270	280	330	340	370	360	395	430	450
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	290	315	330	335	380	400	435	475	495	520	545	560
Raw CI	290	315	330	335	380	400	435	475	495	520	545	560
Single-ply	315	335	350	365	395	420	455	490	510	550	565	590
Multi-ply	325	360	380	390	425	440	475	505	540	580	600	620

MALE TEEN-2 (16-17) UNTESTED RANKING STANDARDS

MALE * TEEN-2 * BY GEAR * FULL POWER TOTALS - LEVELS OF QUALIFICATION

114 lb Class Raw Raw CI SP MP

Pro-Elite	775	800	880	960
Master	690	715	795	875
Class I	610	635	715	795
Class II	530	555	635	715

123 lb Class Raw Raw CI SP MP

Pro-Elite	825	850	930	1010
Master	750	775	855	935
Class I	690	715	795	875
Class II	615	640	720	800

Class III	450	475	555	635
Class IV	400	425	505	585

132 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	875	900	980	1060
Master	815	840	920	1000
Class I	730	755	835	915
Class II	650	675	755	835
Class III	585	610	690	770
Class IV	525	550	630	710

165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1015	1040	1120	1200
Master	920	945	1025	1105
Class I	850	875	955	1035
Class II	785	810	890	970
Class III	715	740	820	900
Class IV	635	660	740	820

198 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1230	1255	1335	1415
Master	1110	1135	1215	1295
Class I	1015	1040	1120	1200
Class II	915	940	1020	1100
Class III	825	850	930	1010
Class IV	735	760	840	920

242 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1395	1420	1500	1580
Master	1285	1310	1390	1470
Class I	1165	1190	1270	1350
Class II	1065	1090	1170	1250
Class III	975	1000	1080	1160
Class IV	890	915	995	1075

308 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1525	1550	1630	1710
Master	1415	1440	1520	1600
Class I	1305	1330	1410	1490
Class II	1210	1235	1315	1395
Class III	1090	1115	1195	1275
Class IV	1000	1025	1105	1185

Class III	535	560	640	720
Class IV	460	485	565	645

148 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	935	960	1040	1120
Master	860	885	965	1045
Class I	790	815	895	975
Class II	735	760	840	920
Class III	660	685	765	845
Class IV	580	605	685	765

181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1115	1140	1220	1300
Master	1030	1055	1135	1215
Class I	960	985	1065	1145
Class II	865	890	970	1050
Class III	775	800	880	960
Class IV	685	710	790	870

220 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1325	1350	1430	1510
Master	1215	1240	1320	1400
Class I	1120	1145	1225	1305
Class II	1020	1045	1125	1205
Class III	915	940	1020	1100
Class IV	815	840	920	1000

275 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1460	1485	1565	1645
Master	1375	1400	1480	1560
Class I	1275	1300	1380	1460
Class II	1160	1185	1265	1345
Class III	1045	1070	1150	1230
Class IV	950	975	1055	1135

SHW lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1605	1630	1710	1790
Master	1505	1530	1610	1690
Class I	1400	1425	1505	1585
Class II	1305	1330	1410	1490
Class III	1200	1225	1305	1385
Class IV	1100	1125	1205	1285

MALE * TEEN-2 * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	300	315	330	355	375	420	465	500	525	540	560	590
Raw CI	325	340	355	380	400	445	490	525	550	565	585	615
Single-ply	360	355	375	400	430	460	505	545	575	585	615	640
Multi-ply	380	390	405	425	455	480	530	565	600	615	635	665
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW

Raw	165	180	200	220	240	260	285	305	325	355	390	410
Raw CI	165	180	200	220	240	260	285	305	325	355	390	410
Single-ply	185	215	240	250	270	310	325	350	365	395	420	440
Multi-ply	220	245	260	280	295	340	365	380	395	425	440	465
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	310	330	345	360	400	435	480	520	545	565	575	605
Raw CI	310	330	345	360	400	435	480	520	545	565	575	605
Single-ply	345	360	365	390	420	450	505	535	560	585	595	630
Multi-ply	360	375	395	415	450	480	520	565	585	605	635	660

MALE TEEN-3 (18-19) UNTESTED RANKING STANDARDS

MALE * TEEN-3 * BY GEAR * FULL POWER TOTALS - LEVELS OF QUALIFICATION

114 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	825	850	930	1010
Master	745	780	860	940
Class I	645	670	750	830
Class II	565	590	670	750
Class III	490	515	595	675
Class IV	425	450	530	610

132 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	920	945	1025	1105
Master	840	865	945	1025
Class I	770	795	875	955
Class II	705	730	810	890
Class III	645	670	750	830
Class IV	595	620	700	780

165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1080	1105	1185	1265
Master	1000	1025	1105	1185
Class I	930	955	1035	1115
Class II	850	875	955	1035
Class III	780	805	885	965
Class IV	720	745	825	905

198 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1315	1340	1420	1500
Master	1225	1250	1330	1410
Class I	1135	1160	1240	1320
Class II	1045	1070	1150	1230
Class III	955	980	1060	1140
Class IV	875	900	980	1060

242 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1500	1525	1605	1685
Master	1410	1435	1515	1595
Class I	1320	1345	1425	1505

123 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	895	920	1000	1080
Master	790	815	895	975
Class I	700	725	805	885
Class II	635	660	740	820
Class III	580	605	685	765
Class IV	520	545	625	705

148 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	980	1005	1085	1165
Master	900	925	1005	1085
Class I	830	855	935	1015
Class II	770	795	875	955
Class III	710	735	815	895
Class IV	655	680	760	840

181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1205	1230	1310	1390
Master	1110	1135	1215	1295
Class I	1020	1045	1125	1205
Class II	925	950	1030	1110
Class III	855	880	960	1040
Class IV	790	815	895	975

220 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1425	1450	1530	1610
Master	1340	1365	1445	1525
Class I	1260	1285	1365	1445
Class II	1170	1195	1275	1355
Class III	1060	1085	1165	1245
Class IV	960	985	1065	1145

275 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1570	1595	1675	1755
Master	1480	1505	1585	1665
Class I	1400	1425	1505	1585

Class II	1225	1250	1330	1410
Class III	1135	1160	1240	1320
Class IV	1045	1070	1150	1230
308 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1650	1675	1755	1835
Master	1570	1595	1675	1755
Class I	1455	1480	1560	1640
Class II	1355	1380	1460	1540
Class III	1255	1280	1360	1440
Class IV	1170	1195	1275	1355

Class II	1300	1325	1405	1485
Class III	1210	1235	1315	1395
Class IV	1110	1135	1215	1295
SHW lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1730	1755	1835	1915
Master	1650	1675	1755	1835
Class I	1560	1585	1665	1745
Class II	1460	1485	1565	1645
Class III	1350	1375	1455	1535
Class IV	1250	1275	1355	1435

MALE * TEEN-3 * SINGLE LIFT * UNTESTED - PRO-ELITE STANDARDS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	320	340	350	375	400	450	495	535	565	585	610	640
Raw CI	345	365	375	400	425	475	520	560	590	610	635	665
Single-ply	375	380	390	420	455	495	535	585	615	630	660	690
Multi-ply	395	410	420	445	480	515	560	610	635	660	685	720
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	175	200	210	225	255	285	305	330	350	375	415	430
Raw CI	175	200	210	225	255	285	305	330	350	375	415	430
Single-ply	195	235	245	255	285	335	350	370	385	415	440	460
Multi-ply	230	265	275	285	310	360	385	395	420	445	470	485
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	330	355	360	380	425	470	515	560	585	610	625	660
Raw CI	330	355	360	380	425	470	515	560	585	610	625	660
Single-ply	360	385	390	410	445	480	535	575	605	630	655	685
Multi-ply	385	405	410	435	475	515	555	605	630	650	680	710