

FEMALE TESTED RANKING STANDARDS

FEMALE * OPEN * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	515	440	380	310	230	180						
105	555	485	420	350	290	230						
114	605	530	480	420	350	280						
123	655	580	520	460	400	330						
132	700	630	580	510	445	395						
148	770	685	625	555	495	430						
165	825	735	680	615	545	480						
181	885	790	730	670	610	540						
198	950	860	790	730	670	610						
220	1000	910	845	780	730	670						
242	1050	960	900	830	780	715						
242+	1100	1000	950	880	830	770						
FEMALE * OPEN * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	190	210	225	240	255	280	310	335	360	380	395	415
Bench	110	120	135	150	165	180	195	210	225	240	255	270
Deadlift	215	225	245	265	280	310	320	340	365	380	400	415

FEMALE * OPEN * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	545	460	400	340	280	225						
105	585	515	450	385	320	270						
114	635	565	505	445	395	335						
123	685	635	575	515	450	385						
132	735	670	620	570	510	455						
148	805	745	680	625	570	510						
165	855	800	735	675	620	560						
181	920	870	805	735	675	620						
198	985	920	850	780	720	670						
220	1040	980	910	845	770	720						
242	1080	1020	970	910	840	780						
242+	1130	1070	1010	960	890	830						

FEMALE * OPEN * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	210	240	255	270	290	315	340	370	395	420	425	450
Bench	110	120	135	150	165	180	195	210	225	240	255	270
Deadlift	215	225	245	265	280	310	320	340	365	380	400	415

FEMALE TESTED RANKING STANDARDS

FEMALE * OPEN * SINGLE-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	595	540	485	425	365	305						
105	645	580	530	475	425	355						
114	705	635	580	525	475	415						
123	755	690	635	580	525	465						
132	800	740	685	630	570	515						
148	865	790	735	680	620	570						
165	925	850	790	730	675	620						
181	980	900	850	790	730	670						
198	1040	960	890	830	770	720						
220	1080	1000	950	890	820	770						
242	1130	1060	1000	950	880	830						
242+	1185	1115	1060	1000	950	890						
FEMALE * OPEN * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	235	255	275	295	310	335	355	375	395	410	430	450
Bench	125	140	160	170	185	200	215	235	255	270	285	300
Deadlift	235	250	270	290	305	330	355	370	390	400	415	435

FEMALE * OPEN * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	675	605	550	500	450	400						
105	725	655	600	550	500	450						
114	785	715	650	600	550	500						
123	845	775	705	655	600	550						
132	905	840	770	715	650	600						
148	960	890	830	760	700	650						
165	1020	950	890	820	750	700						
181	1080	1000	940	880	800	750						
198	1140	1070	1000	940	850	800						
220	1195	1125	1070	1000	920	850						
242	1240	1170	1110	1055	985	900						
242+	1290	1220	1160	1105	1040	950						
FEMALE * OPEN * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	260	280	305	325	350	375	400	425	445	465	480	500
Bench	155	175	195	210	225	240	255	275	290	305	320	340
Deadlift	260	270	285	310	330	345	365	380	405	425	440	455

FEMALE TESTED RANKING STANDARDS

FEMALE * JUNIORS * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	480	420	370	310	240	180						
105	525	475	420	360	300	240						
114	575	525	475	425	360	300						
123	625	565	520	460	410	350						
132	680	620	570	510	450	400						
148	735	675	625	565	500	450						
165	790	725	675	625	575	500						
181	845	790	730	670	620	550						
198	915	850	790	730	675	600						
220	970	910	850	790	730	650						
242	1020	960	900	830	780	700						
242+	1070	1000	950	880	830	750						
FEMALE * JUNIORS * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	185	205	225	240	260	280	300	320	345	365	385	400
Bench	105	115	125	140	160	175	190	205	220	240	255	270
Deadlift	190	205	225	245	260	280	300	320	350	365	380	400

FEMALE * JUNIORS * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	505	440	390	330	260	200						
105	550	490	450	375	320	260						
114	600	545	495	445	390	330						
123	650	590	540	480	430	370						
132	705	645	590	535	475	420						
148	765	695	645	585	525	470						
165	815	750	695	655	595	530						
181	870	820	760	700	640	570						
198	940	870	810	750	695	620						
220	995	930	870	810	750	670						
242	1045	980	920	850	800	720						
242+	1095	1025	970	900	850	770						
FEMALE * JUNIORS * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	210	230	250	265	285	310	325	345	370	390	420	425
Bench	105	115	125	140	160	175	190	205	220	240	255	270
Deadlift	190	205	225	245	260	280	300	320	350	365	380	400

FEMALE TESTED RANKING STANDARDS

FEMALE * JUNIORS * SINGLE-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	575		515		450		375		325		275	
105	625		555		500		430		380		325	
114	670		600		550		500		440		375	
123	720		660		600		550		490		425	
132	770		710		650		600		540		475	
148	825		765		700		650		600		550	
165	885		825		750		700		650		600	
181	950		885		825		760		700		650	
198	1010		960		890		820		760		700	
220	1050		1000		950		890		820		750	
242	1100		1050		1000		940		890		800	
242+	1150		1100		1050		1000		950		850	
FEMALE * JUNIORS * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	225	245	265	285	300	315	335	360	380	390	410	425
Bench	125	135	145	155	175	195	215	235	255	270	285	300
Deadlift	225	245	260	280	295	315	335	355	375	390	405	425

FEMALE * JUNIORS * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	640		570		510		450		400		350	
105	690		625		560		500		450		400	
114	740		680		620		560		500		450	
123	785		725		670		610		550		500	
132	835		775		725		660		600		550	
148	895		825		775		725		650		600	
165	955		890		835		775		700		650	
181	1020		950		900		850		800		700	
198	1080		1000		950		900		850		750	
220	1130		1060		1000		950		895		800	
242	1190		1125		1055		995		935		850	
242+	1240		1175		1115		1060		1000		900	
FEMALE * JUNIORS * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	250	270	290	315	335	355	375	395	425	440	455	470
Bench	150	160	175	180	195	220	240	260	280	300	320	340
Deadlift	240	260	275	290	305	320	340	365	375	390	415	430

FEMALE TESTED RANKING STANDARDS

FEMALE * SUBMASTERS * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	500	420	370	310	240	180						
105	540	475	420	360	300	240						
114	580	525	475	425	360	300						
123	635	565	520	460	410	350						
132	680	620	570	510	450	400						
148	750	675	625	565	500	450						
165	810	725	675	625	575	500						
181	865	790	730	670	620	550						
198	925	850	790	730	675	600						
220	980	910	850	790	730	650						
242	1020	960	900	830	780	700						
242+	1060	1000	950	880	830	750						
FEMALE * SUBMASTERS * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	195	215	230	250	265	290	310	330	355	370	385	395
Bench	105	115	125	135	150	170	190	205	220	240	255	270
Deadlift	200	210	225	250	265	290	310	330	350	370	380	395

FEMALE * SUBMASTERS * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	530	450	390	330	270	210						
105	570	505	450	390	330	270						
114	610	555	505	455	390	330						
123	665	595	550	490	440	380						
132	710	650	600	540	480	430						
148	780	705	655	595	530	480						
165	840	755	705	655	605	530						
181	895	820	760	700	650	580						
198	955	880	820	760	705	630						
220	1010	940	880	810	760	690						
242	1050	990	930	860	810	730						
242+	1100	1030	980	910	860	780						
FEMALE * SUBMASTERS * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	225	245	260	275	285	315	340	360	385	400	415	435
Bench	105	115	125	140	160	175	190	205	220	240	255	270
Deadlift	200	210	225	250	265	290	310	330	350	370	380	395

FEMALE TESTED RANKING STANDARDS

FEMALE * SUBMASTERS * SINGLE-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	575	515	450	375	325	275						
105	625	555	500	430	380	325						
114	670	600	550	500	440	375						
123	720	660	600	550	490	425						
132	770	710	650	600	540	475						
148	825	765	700	650	600	550						
165	885	825	750	700	650	600						
181	950	885	825	760	700	650						
198	1010	960	890	820	760	700						
220	1050	1000	950	890	820	750						
242	1100	1050	1000	940	890	800						
242+	1150	1100	1050	1000	950	850						
FEMALE * SUBMASTERS * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	225	245	265	285	300	315	335	360	380	390	410	425
Bench	125	135	145	155	175	195	215	235	255	270	285	300
Deadlift	225	245	260	280	295	315	335	355	375	390	405	425

FEMALE * SUBMASTERS * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	640	570	510	450	400	350						
105	690	625	560	500	450	400						
114	740	680	620	560	500	450						
123	785	725	670	610	550	500						
132	835	775	725	660	600	550						
148	895	825	775	725	650	600						
165	955	890	835	775	700	650						
181	1020	940	880	825	755	700						
198	1080	1010	940	880	805	750						
220	1130	1060	1000	950	895	800						
242	1190	1125	1055	1000	945	870						
242+	1240	1175	1115	1060	1000	940						
FEMALE * SUBMASTERS * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	250	275	300	320	340	360	380	395	415	435	455	470
Bench	150	160	175	180	195	220	240	260	280	300	320	340
Deadlift	240	255	265	285	300	315	335	365	385	395	415	430

FEMALE TESTED RANKING STANDARDS

FEMALE * M/P/F * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	500	420	370	310	240	180						
105	540	475	420	360	300	240						
114	580	525	475	425	360	300						
123	635	565	520	460	410	350						
132	680	620	570	510	450	400						
148	750	675	625	565	500	450						
165	810	725	675	625	575	500						
181	865	790	730	670	620	550						
198	925	850	790	730	675	600						
220	980	910	850	790	730	650						
242	1020	960	900	830	780	700						
242+	1060	1000	950	880	830	750						
FEMALE * M/P/F * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	195	215	230	250	265	290	310	330	355	370	385	395
Bench	105	115	125	135	150	170	190	205	220	240	255	270
Deadlift	200	210	225	250	265	290	310	330	350	370	380	395

FEMALE * M/P/F * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	530	450	390	330	270	210						
105	570	505	450	390	330	270						
114	610	555	505	455	390	330						
123	665	595	550	490	440	380						
132	710	650	600	540	480	430						
148	780	705	655	595	530	480						
165	840	755	705	655	605	530						
181	895	820	760	700	650	580						
198	955	880	820	760	705	630						
220	1010	940	880	810	760	690						
242	1050	990	930	860	810	730						
242+	1100	1030	980	910	860	780						
FEMALE * M/P/F * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	225	245	260	275	285	315	340	360	385	400	415	435
Bench	105	115	125	140	160	175	190	205	220	240	255	270
Deadlift	200	210	225	250	265	290	310	330	350	370	380	395

FEMALE TESTED RANKING STANDARDS

FEMALE * M/P/F * SINGLE-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS

Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV
97	575	515	450	375	325	275
105	625	555	500	430	380	325
114	670	600	550	500	440	375
123	720	660	600	550	490	425
132	770	710	650	600	540	475
148	825	765	700	650	600	550
165	885	825	750	700	650	600
181	950	885	825	760	700	650
198	1010	960	890	820	760	700
220	1050	1000	950	890	820	750
242	1100	1050	1000	940	890	800
242+	1150	1100	1050	1000	950	850

FEMALE * M/P/F * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS

Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	225	245	265	285	300	315	335	360	380	390	410	425
Bench	125	135	145	155	175	195	215	235	255	270	285	300
Deadlift	225	245	260	280	295	315	335	355	375	390	405	425

FEMALE * M/P/F * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS

Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV
97	640	570	510	450	400	350
105	690	625	560	500	450	400
114	740	680	620	560	500	450
123	785	725	670	610	550	500
132	835	775	725	660	600	550
148	895	825	775	725	650	600
165	955	890	835	775	700	650
181	1020	950	900	850	800	700
198	1080	1000	950	900	850	750
220	1130	1060	1000	950	895	800
242	1190	1125	1055	995	935	850
242+	1240	1175	1115	1060	1000	900

FEMALE * M/P/F * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS

Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	245	265	285	305	320	340	360	380	405	420	440	455
Bench	150	160	175	180	195	220	240	260	280	300	320	340
Deadlift	245	265	280	300	320	335	355	380	395	410	430	445

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-1 (40-44) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	500	430	370	310	240	180						
105	540	475	420	360	300	240						
114	590	525	475	425	360	300						
123	640	575	520	460	410	350						
132	685	630	570	510	450	400						
148	750	680	625	565	500	450						
165	805	735	675	625	575	500						
181	865	790	730	670	620	550						
198	930	860	790	730	675	600						
220	980	920	850	790	730	650						
242	1030	970	900	830	780	700						
242+	1070	1010	950	880	830	750						
FEMALE * MASTERS-1 (40-44) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	195	210	225	245	260	285	300	320	345	365	380	395
Bench	110	120	135	150	165	180	200	220	235	250	265	275
Deadlift	195	210	230	245	260	285	305	325	350	365	385	400

FEMALE * MASTERS-1 (40-44) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	530	460	400	340	270	210						
105	570	505	450	390	330	270						
114	620	555	505	455	390	330						
123	670	605	550	490	440	380						
132	715	660	600	540	480	430						
148	780	710	655	595	530	480						
165	835	765	705	655	605	530						
181	895	820	760	700	650	580						
198	960	890	820	760	705	630						
220	1010	950	880	820	760	680						
242	1060	1000	930	860	810	730						
242+	1100	1040	980	910	860	780						
FEMALE * MASTERS-1 (40-44) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	225	240	255	275	290	315	330	350	375	395	410	425
Bench	110	120	135	150	165	180	200	220	235	250	265	275
Deadlift	195	210	230	245	260	285	305	325	350	365	385	400

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-1 (40-44) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	590	515	450	375	325	275						
105	635	555	500	430	380	325						
114	690	600	550	500	440	375						
123	740	660	600	550	490	425						
132	785	710	650	600	540	475						
148	850	765	700	650	600	550						
165	905	825	750	700	650	600						
181	960	885	825	760	700	650						
198	1010	960	890	820	760	700						
220	1065	1000	950	890	820	750						
242	1110	1050	1000	940	890	800						
242+	1165	1100	1050	1000	950	850						
FEMALE * MASTERS-1 (40-44) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	235	250	265	290	305	335	355	370	390	410	425	440
Bench	125	140	160	170	185	200	215	235	255	270	285	300
Deadlift	230	245	265	280	295	315	335	355	365	385	400	425

FEMALE * MASTERS-1 (40-44) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	660	580	510	450	400	350						
105	715	640	560	500	450	400						
114	775	690	620	560	500	450						
123	835	745	670	610	550	500						
132	895	800	725	660	600	550						
148	955	870	775	725	650	600						
165	1015	935	835	775	700	650						
181	1070	980	900	850	800	700						
198	1130	1050	950	900	850	750						
220	1185	1100	1000	950	895	800						
242	1235	1150	1055	995	935	850						
242+	1285	1200	1115	1060	1000	900						
FEMALE * MASTERS-1 (40-44) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	260	280	300	325	350	375	400	420	440	460	475	490
Bench	155	175	195	210	225	240	255	275	290	305	320	340
Deadlift	245	260	280	300	320	340	360	375	400	420	440	455

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-2 (45-49) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	485		420		370		310		240		180	
105	525		475		420		360		300		240	
114	575		525		475		425		360		300	
123	625		575		510		460		410		350	
132	670		620		570		510		450		400	
148	735		680		625		565		500		450	
165	790		735		675		625		575		500	
181	850		790		730		670		620		550	
198	915		855		790		730		675		600	
220	980		920		850		790		730		650	
242	1020		960		900		830		780		700	
242+	1060		1010		950		880		830		750	
FEMALE * MASTERS-2 (45-49) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	190	205	220	240	255	280	295	320	340	365	380	395
Bench	110	120	135	150	165	180	200	220	235	250	265	275
Deadlift	185	200	220	235	250	275	295	310	340	365	375	390

FEMALE * MASTERS-2 (45-49) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	515		450		400		340		270		210	
105	555		505		450		390		330		270	
114	605		555		505		455		390		330	
123	655		605		540		490		440		380	
132	700		650		600		540		480		430	
148	765		710		655		595		530		480	
165	820		765		705		655		605		530	
181	880		820		760		700		650		580	
198	945		885		820		760		705		630	
220	1010		950		880		820		760		680	
242	1050		990		930		860		810		730	
242+	1090		1040		980		910		860		780	
FEMALE * MASTERS-2 (45-49) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	220	235	250	270	285	310	325	350	370	395	410	425
Bench	110	120	135	150	165	180	200	220	235	250	265	275
Deadlift	185	200	220	235	250	275	295	310	340	365	375	390

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-2 (45-49) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	575	515	450	375	325	275						
105	615	555	500	430	380	325						
114	665	600	550	500	440	375						
123	715	660	600	550	490	425						
132	760	705	650	600	540	475						
148	825	765	700	650	600	550						
165	880	820	750	700	650	600						
181	940	885	825	760	700	650						
198	1005	960	890	820	760	700						
220	1055	1000	950	890	820	750						
242	1095	1050	1000	940	890	800						
242+	1150	1100	1050	1000	950	850						
FEMALE * MASTERS-2 (45-49) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	225	235	260	280	300	320	345	365	385	405	415	435
Bench	130	145	155	165	175	200	215	230	250	265	280	295
Deadlift	220	235	250	270	285	305	320	345	370	385	400	420

FEMALE * MASTERS-2 (45-49) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	645	570	500	450	400	350						
105	700	625	555	500	450	400						
114	760	675	610	560	500	450						
123	815	725	665	610	550	500						
132	875	780	715	660	600	550						
148	935	850	765	715	650	600						
165	995	915	835	775	700	650						
181	1050	960	900	840	800	700						
198	1110	1030	950	900	850	750						
220	1165	1080	1000	950	895	800						
242	1215	1130	1055	995	935	850						
242+	1265	1180	1110	1060	1000	900						
FEMALE * MASTERS-2 (45-49) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	255	285	305	325	350	370	390	410	430	450	465	485
Bench	150	165	175	190	200	225	245	260	280	295	310	325
Deadlift	240	265	280	300	325	340	360	375	400	420	440	455

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-3 (50-54) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	455		410		370		310		240		190	
105	485		445		400		360		300		240	
114	525		475		425		375		335		290	
123	575		525		475		425		385		340	
132	625		575		525		475		425		380	
148	670		625		585		535		480		430	
165	720		670		620		570		520		470	
181	780		730		670		615		565		520	
198	840		790		740		680		630		580	
220	890		835		785		725		675		620	
242	940		880		825		775		725		680	
242+	995		935		885		835		785		730	
FEMALE * MASTERS-3 (50-54) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	180	190	205	220	240	255	270	290	315	330	345	365
Bench	95	105	115	130	145	160	180	200	215	235	250	265
Deadlift	180	190	205	225	240	255	270	290	310	325	345	365

FEMALE * MASTERS-3 (50-54) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	485		440		400		340		270		220	
105	515		470		430		380		330		270	
114	555		505		455		405		365		320	
123	605		555		505		455		415		370	
132	655		605		555		505		455		410	
148	700		655		615		565		510		460	
165	750		700		650		600		550		500	
181	810		760		700		645		595		550	
198	870		820		770		710		660		610	
220	920		865		815		755		705		650	
242	970		910		855		805		755		710	
242+	1025		965		915		865		815		760	
FEMALE * MASTERS-3 (50-54) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	210	220	235	250	270	285	300	320	345	360	375	395
Bench	95	105	115	130	145	160	180	200	215	235	250	265
Deadlift	180	190	205	225	240	255	270	290	310	325	345	365

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-3 (50-54) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	550	490	425	350	300	250						
105	590	530	475	405	355	300						
114	640	575	525	475	415	350						
123	690	635	575	525	465	400						
132	735	680	625	575	515	450						
148	800	740	675	625	575	525						
165	855	795	725	675	625	575						
181	915	860	800	735	675	625						
198	980	935	865	795	735	675						
220	1030	975	925	865	795	725						
242	1075	1025	975	915	865	775						
242+	1125	1075	1025	975	925	825						
FEMALE * MASTERS-3 (50-54) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	215	235	250	265	285	305	325	345	375	390	405	425
Bench	125	135	145	160	170	190	205	220	240	255	270	285
Deadlift	210	225	245	265	280	305	325	340	365	385	400	415

FEMALE * MASTERS-3 (50-54) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	620	545	475	425	375	325						
105	675	600	530	475	425	375						
114	735	650	585	535	475	425						
123	790	700	640	585	525	475						
132	850	755	690	635	575	525						
148	910	825	740	685	625	575						
165	970	890	810	750	675	625						
181	1025	935	875	815	775	675						
198	1085	1005	925	875	825	725						
220	1140	1055	975	925	870	775						
242	1190	1105	1030	970	910	825						
242+	1240	1155	1085	1035	975	875						
FEMALE * MASTERS-3 (50-54) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	240	260	275	300	325	350	370	390	410	430	445	465
Bench	145	160	170	190	205	220	240	255	275	290	305	320
Deadlift	235	255	270	300	320	340	360	380	400	420	440	455

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-4 (55-59) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	430	385	345	285	215	175						
105	460	420	375	335	275	215						
114	500	450	400	350	310	265						
123	550	500	450	400	360	315						
132	600	550	500	450	400	355						
148	645	600	560	510	455	405						
165	695	645	595	545	495	445						
181	755	705	645	590	540	495						
198	815	765	715	655	605	555						
220	865	810	760	700	650	595						
242	915	855	800	750	700	655						
242+	970	910	860	810	760	705						
FEMALE * MASTERS-4 (55-59) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	170	180	195	210	230	245	260	280	305	320	335	355
Bench	90	100	110	125	140	155	175	195	210	230	245	260
Deadlift	170	180	195	215	230	245	260	280	300	315	335	355

FEMALE * MASTERS-4 (55-59) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	460	410	370	310	240	190						
105	490	440	400	350	300	240						
114	530	475	425	375	335	290						
123	580	525	475	425	385	340						
132	630	575	525	475	425	380						
148	675	625	585	535	480	430						
165	725	670	620	570	520	470						
181	780	730	670	615	565	520						
198	840	790	740	680	630	580						
220	890	835	785	725	675	620						
242	945	880	825	775	725	680						
242+	1000	935	885	835	785	730						
FEMALE * MASTERS-4 (55-59) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	200	210	225	240	260	275	290	310	335	350	365	385
Bench	90	100	110	125	140	155	175	195	210	230	245	260
Deadlift	170	180	195	215	230	245	260	280	300	315	335	355

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-4 (55-59) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	520	460	395	330	280	240						
105	560	500	445	375	325	280						
114	610	550	495	445	385	325						
123	660	605	545	495	435	370						
132	705	650	595	545	485	420						
148	770	710	645	595	545	495						
165	825	765	700	650	600	550						
181	885	830	770	705	645	595						
198	950	905	835	765	705	645						
220	1000	945	895	835	765	695						
242	1045	995	945	885	835	750						
242+	1095	1045	995	945	895	800						
FEMALE * MASTERS-4 (55-59) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	200	215	235	255	270	295	315	335	360	375	390	410
Bench	120	130	140	150	165	185	200	215	235	250	265	280
Deadlift	200	215	235	250	270	290	310	335	355	375	390	405

FEMALE * MASTERS-4 (55-59) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	590	525	450	400	350	300						
105	645	580	510	450	400	350						
114	705	630	565	500	450	400						
123	760	690	620	565	500	450						
132	820	735	670	615	550	500						
148	880	810	725	655	600	550						
165	940	870	810	740	680	600						
181	995	915	850	785	715	650						
198	1055	985	905	840	790	700						
220	1110	1035	965	900	820	750						
242	1160	1090	1020	950	875	800						
242+	1210	1130	1060	1000	940	850						
FEMALE * MASTERS-4 (55-59) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	225	245	270	290	310	330	355	375	400	415	435	445
Bench	140	155	165	185	200	215	235	250	270	285	300	315
Deadlift	225	245	270	285	310	325	350	370	385	410	425	440

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-5 (60-64) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	415		365		315		270		220		170	
105	445		400		350		300		250		215	
114	485		435		390		345		300		260	
123	535		485		440		390		350		310	
132	585		530		480		435		390		350	
148	630		580		530		480		430		380	
165	665		605		555		500		450		400	
181	735		685		635		580		530		480	
198	795		745		695		645		595		545	
220	850		800		750		700		650		595	
242	900		850		800		750		700		650	
242+	955		900		850		800		750		700	
FEMALE * MASTERS-5 (60-64) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	165	175	190	205	225	235	245	270	295	315	330	350
Bench	85	95	105	120	135	155	175	190	205	220	240	255
Deadlift	165	175	190	210	225	240	245	275	295	315	330	350

FEMALE * MASTERS-5 (60-64) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	445		395		350		305		255		200	
105	475		410		370		320		270		240	
114	515		445		395		345		305		260	
123	565		495		445		395		355		310	
132	615		545		495		445		395		350	
148	660		595		555		505		450		400	
165	695		640		590		540		490		440	
181	765		700		640		585		535		490	
198	825		760		710		650		600		550	
220	880		805		755		695		645		590	
242	930		850		795		745		695		650	
242+	985		905		855		805		755		700	
FEMALE * MASTERS-5 (60-64) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	195	205	220	235	255	265	275	300	325	345	360	380
Bench	85	95	105	120	135	155	175	190	205	220	240	255
Deadlift	165	175	190	210	225	240	245	275	295	315	330	350

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-5 (60-64) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	500	440	375	310	260	220						
105	540	480	425	355	305	260						
114	590	530	475	425	365	305						
123	640	585	525	475	415	350						
132	685	630	575	525	465	400						
148	750	690	625	575	525	475						
165	805	745	680	630	580	530						
181	865	810	750	685	625	575						
198	930	885	815	745	685	625						
220	980	925	875	815	745	675						
242	1025	975	925	865	815	730						
242+	1075	1025	975	925	875	780						
FEMALE * MASTERS-5 (60-64) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	200	215	235	255	270	290	315	335	360	375	390	405
Bench	115	125	135	145	160	180	195	210	230	245	260	275
Deadlift	185	200	220	240	255	280	295	320	340	360	375	395

FEMALE * MASTERS-5 (60-64) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	570	505	430	380	330	280						
105	625	560	490	430	380	330						
114	685	620	555	490	440	390						
123	740	680	610	555	490	440						
132	800	725	660	605	530	480						
148	860	800	715	645	590	540						
165	920	860	800	730	670	590						
181	975	905	840	775	705	640						
198	1035	975	895	830	780	700						
220	1090	1025	955	890	810	750						
242	1140	1080	1010	940	865	790						
242+	1190	1120	1050	980	930	840						
FEMALE * MASTERS-5 (60-64) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	220	240	265	285	305	330	350	370	395	415	425	440
Bench	135	150	160	180	195	210	230	245	265	280	295	315
Deadlift	215	235	260	275	300	320	340	360	385	405	420	435

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-6 (65-69) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	390		340		290		245		200		160	
105	420		375		325		275		225		200	
114	460		410		365		320		275		240	
123	510		460		415		365		325		285	
132	560		505		455		410		365		325	
148	605		555		505		455		405		355	
165	645		580		530		475		425		375	
181	710		660		610		555		505		395	
198	770		720		670		620		560		490	
220	825		775		725		675		625		570	
242	875		825		775		725		675		625	
242+	930		875		825		775		725		675	
FEMALE * MASTERS-6 (65-69) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	155	170	185	200	215	235	240	260	280	300	320	340
Bench	80	85	95	110	125	145	160	180	195	210	225	240
Deadlift	155	165	180	200	220	235	245	270	295	315	330	350

FEMALE * MASTERS-6 (65-69) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	420		370		330		280		240		200	
105	450		400		360		320		270		230	
114	490		445		395		345		305		260	
123	540		495		445		395		355		310	
132	590		545		495		445		395		350	
148	635		595		550		505		450		400	
165	675		640		590		540		490		440	
181	740		690		640		585		535		490	
198	800		750		700		650		600		550	
220	855		805		755		695		645		590	
242	905		850		795		745		695		650	
242+	960		905		855		805		735		700	
FEMALE * MASTERS-6 (65-69) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	185	200	215	230	245	265	270	290	310	330	350	370
Bench	80	85	95	110	125	145	160	180	195	210	225	240
Deadlift	155	165	180	200	220	235	245	270	295	315	330	350

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-6 (65-69) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	475	440	375	310	260	220						
105	515	480	425	355	305	260						
114	565	530	475	425	365	305						
123	615	585	525	475	415	350						
132	660	630	575	525	465	400						
148	725	690	625	575	525	475						
165	780	745	680	630	580	530						
181	840	810	750	685	625	575						
198	905	885	815	745	685	625						
220	955	925	875	815	745	675						
242	1000	975	925	865	815	730						
242+	1050	1025	975	925	875	780						
FEMALE * MASTERS-6 (65-69) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	190	205	230	250	265	290	310	325	350	370	385	400
Bench	110	120	130	140	155	170	190	205	225	240	255	270
Deadlift	175	190	205	225	240	265	280	310	330	345	360	380

FEMALE * MASTERS-6 (65-69) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	550	500	440	360	310	260						
105	605	540	470	410	360	310						
114	665	600	535	470	420	370						
123	720	660	590	535	470	420						
132	780	705	640	585	510	460						
148	840	780	695	625	570	520						
165	900	840	780	710	650	570						
181	955	885	820	755	685	620						
198	1015	955	875	810	760	680						
220	1070	1005	935	870	790	730						
242	1120	1060	990	920	845	770						
242+	1170	1100	1030	960	910	820						
FEMALE * MASTERS-6 (65-69) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	215	235	260	280	305	325	345	365	385	410	425	435
Bench	130	145	155	175	190	205	225	240	260	275	290	310
Deadlift	205	225	240	265	285	310	330	350	370	385	405	425

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-7 (70-74) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	350		300		250		205		165		130	
105	380		335		285		245		190		160	
114	420		370		325		280		235		190	
123	470		420		375		325		275		225	
132	520		465		415		370		325		265	
148	565		515		465		415		365		300	
165	605		540		490		435		385		340	
181	670		620		570		515		465		400	
198	730		680		630		580		520		450	
220	785		735		685		635		585		520	
242	835		785		735		685		635		580	
242+	890		835		785		735		685		630	
FEMALE * MASTERS-7 (70-74) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	135	150	160	180	195	210	220	240	265	285	300	320
Bench	75	80	90	105	120	140	155	175	190	205	220	235
Deadlift	140	150	170	185	205	215	230	255	275	295	315	335

FEMALE * MASTERS-7 (70-74) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	380		340		280		235		195		160	
105	410		365		315		275		220		190	
114	450		400		355		310		265		220	
123	510		450		405		355		305		255	
132	550		495		445		400		355		295	
148	595		545		495		445		395		330	
165	635		570		520		465		415		370	
181	700		650		600		545		495		430	
198	760		710		660		610		550		480	
220	815		765		715		665		615		550	
242	865		815		765		715		665		610	
242+	920		865		815		765		715		660	
FEMALE * MASTERS-7 (70-74) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	165	180	190	210	220	240	250	270	295	315	330	350
Bench	75	80	90	105	120	140	155	175	190	205	220	235
Deadlift	140	150	170	185	205	215	230	255	275	295	315	335

FEMALE TESTED RANKING STANDARDS

FEMALE * MASTERS-7 (70-74) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	445	390	340	290	240	210						
105	485	435	385	325	275	225						
114	535	495	445	395	335	275						
123	585	545	495	445	385	320						
132	630	580	535	495	435	370						
148	695	660	595	545	495	445						
165	750	715	650	600	550	500						
181	810	760	710	645	595	545						
198	875	815	775	715	655	595						
220	915	875	835	785	715	645						
242	970	925	885	835	785	715						
242+	1020	975	935	885	835	750						
FEMALE * MASTERS-7 (70-74) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	185	185	205	225	240	260	285	310	330	345	365	385
Bench	105	115	125	135	150	165	185	200	220	235	250	265
Deadlift	180	185	205	225	240	260	280	300	325	335	355	370

FEMALE * MASTERS-7 (70-74) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	525	475	415	335	285	235						
105	575	510	440	380	330	280						
114	635	570	505	440	390	340						
123	690	630	560	505	440	390						
132	750	675	610	555	480	430						
148	800	720	635	595	540	490						
165	870	810	750	680	620	540						
181	925	855	790	725	655	590						
198	985	925	845	780	730	650						
220	1040	975	905	840	760	700						
242	1090	1030	960	890	815	740						
242+	1140	1070	1000	930	880	790						
FEMALE * MASTERS-7 (70-74) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	205	225	250	265	290	305	335	365	375	395	415	425
Bench	120	135	145	165	180	195	215	230	250	265	280	300
Deadlift	200	215	240	260	280	300	320	350	360	380	395	415

FEMALE TESTED RANKING STANDARDS

FEMALE * YOUTH (10-12) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	260	225	185	145	110	85						
105	310	280	240	195	155	115						
114	355	320	285	245	195	145						
123	400	370	330	280	230	185						
132	445	405	365	315	275	230						
148	490	450	410	360	310	270						
165	540	500	460	410	360	320						
181	590	550	510	460	410	360						
198	630	590	555	505	455	410						
220	660	620	580	545	500	455						
242	700	660	620	570	525	480						
242+	730	690	650	605	555	505						
FEMALE * YOUTH (10-12) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	105	120	135	150	165	175	190	210	225	235	255	260
Bench	50	60	75	90	100	115	130	145	155	170	180	190
Deadlift	105	130	145	160	180	200	220	235	250	255	265	280

FEMALE * YOUTH (10-12) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	280	250	215	175	140	115						
105	330	300	270	225	185	145						
114	375	340	315	275	225	175						
123	420	385	355	310	260	215						
132	465	425	390	345	300	255						
148	510	475	435	385	340	300						
165	560	520	480	435	390	340						
181	610	570	530	485	440	390						
198	650	615	575	525	480	430						
220	680	640	600	560	515	470						
242	720	680	640	600	555	510						
242+	750	710	670	630	585	535						
FEMALE * YOUTH (10-12) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	125	140	155	170	185	195	210	230	245	255	275	280
Bench	50	60	75	90	100	115	130	145	155	170	180	190
Deadlift	105	130	145	160	180	200	220	235	250	255	265	280

FEMALE TESTED RANKING STANDARDS

FEMALE * YOUTH (10-12) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	310	265	225	185	150	120						
105	360	315	275	235	195	155						
114	405	360	325	285	245	195						
123	450	410	370	325	285	235						
132	495	445	400	360	320	275						
148	540	495	450	400	350	300						
165	590	535	495	450	400	350						
181	640	595	545	500	450	400						
198	680	630	590	550	500	450						
220	710	665	620	580	535	490						
242	750	705	655	610	570	530						
242+	780	735	690	650	610	560						
FEMALE * YOUTH (10-12) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	130	150	165	180	190	205	225	245	260	270	285	295
Bench	60	70	85	100	115	130	140	155	165	180	190	200
Deadlift	120	140	155	170	190	205	225	240	255	260	275	285

FEMALE * YOUTH (10-12) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	350	315	275	235	200	170						
105	400	365	325	285	245	205						
114	445	400	365	325	285	235						
123	490	450	410	365	325	275						
132	535	485	440	400	360	315						
148	580	535	490	440	390	340						
165	630	575	535	480	440	390						
181	680	635	585	540	490	440						
198	720	670	630	590	540	490						
220	750	705	660	620	575	530						
242	790	745	695	650	610	570						
242+	820	775	720	680	640	600						
FEMALE * YOUTH (10-12) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	140	165	180	195	215	220	240	255	270	275	290	300
Bench	70	80	95	110	125	145	160	175	190	205	215	225
Deadlift	140	155	170	185	205	215	230	250	260	270	285	295

FEMALE TESTED RANKING STANDARDS

FEMALE * TEEN-1 (13-15) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	350	300	250	205	165	130						
105	380	335	285	245	190	160						
114	420	370	325	280	235	190						
123	470	420	375	325	275	225						
132	520	465	415	370	325	265						
148	565	515	465	415	365	300						
165	605	540	490	435	385	340						
181	670	620	570	515	465	400						
198	730	680	630	580	520	450						
220	785	735	685	635	585	520						
242	835	785	735	685	635	580						
242+	890	835	785	735	685	630						
FEMALE * TEEN-1 (13-15) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	135	150	160	180	195	210	220	240	265	285	300	320
Bench	75	80	90	105	120	140	155	175	190	205	220	235
Deadlift	140	150	170	185	205	215	230	255	275	295	315	335

FEMALE * TEEN-1 (13-15) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	380	340	280	235	195	160						
105	410	365	315	275	220	190						
114	450	400	355	310	265	220						
123	510	450	405	355	305	255						
132	550	495	445	400	355	295						
148	595	545	495	445	395	330						
165	635	570	520	465	415	370						
181	700	650	600	545	495	430						
198	760	710	660	610	550	480						
220	815	765	715	665	615	550						
242	865	815	765	715	665	610						
242+	920	865	815	765	715	660						
FEMALE * TEEN-1 (13-15) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	165	180	190	210	220	240	250	270	295	315	330	350
Bench	75	80	90	105	120	140	155	175	190	205	220	235
Deadlift	140	150	170	185	205	215	230	255	275	295	315	335

FEMALE TESTED RANKING STANDARDS

FEMALE * TEEN-1 (13-15) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	445	390	340	290	240	210						
105	485	435	385	325	275	225						
114	535	495	445	395	335	275						
123	585	545	495	445	385	320						
132	630	580	535	495	435	370						
148	685	645	595	545	495	445						
165	735	690	650	600	550	500						
181	785	745	700	645	595	545						
198	830	780	730	685	635	590						
220	885	820	770	730	685	640						
242	925	850	805	765	720	680						
242+	970	900	855	805	760	715						
FEMALE * TEEN-1 (13-15) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	185	185	205	225	240	255	275	300	315	340	355	370
Bench	105	115	125	135	150	165	185	200	215	230	245	260
Deadlift	180	185	205	225	240	255	275	285	300	315	325	340

FEMALE * TEEN-1 (13-15) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	525	475	415	335	285	235						
105	575	510	440	380	330	280						
114	635	570	505	440	390	340						
123	690	630	560	505	440	390						
132	750	675	610	555	480	430						
148	800	720	635	595	540	490						
165	840	810	750	680	620	540						
181	880	855	790	725	655	590						
198	920	905	845	780	730	650						
220	960	935	885	840	760	700						
242	995	975	925	875	815	740						
242+	1030	1000	960	920	860	790						
FEMALE * TEEN-1 (13-15) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	205	225	250	265	290	305	320	330	340	355	370	385
Bench	120	135	145	165	180	195	210	225	240	250	260	270
Deadlift	200	215	240	260	280	300	310	325	340	355	365	375

FEMALE TESTED RANKING STANDARDS

FEMALE * TEEN-2 (16-17) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	400		350		300		250		210		160	
105	440		390		345		300		250		200	
114	480		430		390		340		290		240	
123	520		470		430		380		330		280	
132	570		510		465		415		365		320	
148	620		560		505		460		410		360	
165	665		605		550		505		455		405	
181	715		660		610		560		505		455	
198	780		720		660		610		560		505	
220	840		790		730		670		610		550	
242	885		835		775		725		675		620	
242+	940		890		840		780		725		675	
FEMALE * TEEN-2 (16-17) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	150	175	185	195	205	220	235	255	275	300	315	330
Bench	85	90	105	120	130	150	165	180	200	215	235	250
Deadlift	165	185	190	205	235	250	265	280	305	325	335	360

FEMALE * TEEN-2 (16-17) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite		Master		Class I		Class II		Class III		Class IV	
97	430		370		310		265		225		180	
105	470		420		375		330		280		230	
114	510		460		420		370		320		270	
123	550		500		460		410		360		310	
132	600		540		495		445		395		350	
148	650		590		535		490		440		390	
165	695		635		580		535		485		435	
181	745		690		640		590		535		485	
198	810		750		690		640		590		535	
220	870		820		760		700		640		580	
242	915		865		805		755		705		650	
242+	970		920		870		810		755		705	
FEMALE * TEEN-2 (16-17) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	180	205	215	225	235	250	265	285	305	330	345	360
Bench	85	90	105	120	130	150	165	180	200	215	235	250
Deadlift	165	185	190	205	235	250	265	280	305	325	335	360

FEMALE TESTED RANKING STANDARDS

FEMALE * TEEN-2 (16-17) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	475	420	370	320	270	230						
105	515	465	415	355	305	255						
114	565	525	475	425	365	305						
123	615	575	525	475	415	350						
132	660	610	565	525	485	400						
148	715	665	625	575	525	450						
165	765	720	680	630	580	510						
181	815	775	730	675	625	560						
198	860	810	760	715	665	600						
220	915	850	800	760	715	650						
242	955	885	835	795	750	700						
242+	1000	930	885	835	790	745						
FEMALE * TEEN-2 (16-17) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	185	200	220	240	255	275	290	310	325	345	360	375
Bench	110	120	130	145	155	170	185	200	215	235	250	265
Deadlift	180	195	215	230	250	270	290	305	320	335	345	360

FEMALE * TEEN-2 (16-17) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	565	475	415	335	285	235						
105	615	510	440	380	330	280						
114	665	570	505	440	390	340						
123	720	630	560	505	440	390						
132	780	675	610	555	480	430						
148	830	720	635	595	540	490						
165	870	810	750	680	620	540						
181	920	855	790	725	655	590						
198	965	905	845	780	730	650						
220	995	955	905	840	760	700						
242	1035	990	950	890	815	740						
242+	1075	1030	980	930	880	790						
FEMALE * TEEN-2 (16-17) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	205	225	250	265	290	305	330	350	365	370	385	395
Bench	120	135	145	165	180	195	215	230	250	265	280	295
Deadlift	200	215	240	260	280	300	325	340	350	360	370	385

FEMALE TESTED RANKING STANDARDS

FEMALE * TEEN-3 (18-19) * RAW * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	455	410	370	310	240	190						
105	485	445	400	360	300	240						
114	525	475	425	375	335	290						
123	575	525	475	425	385	340						
132	625	575	525	475	425	380						
148	670	625	585	535	480	430						
165	720	670	620	570	520	470						
181	780	730	670	615	565	520						
198	840	790	740	680	630	580						
220	890	835	785	725	675	620						
242	940	880	825	775	725	680						
242+	995	935	885	835	785	730						
FEMALE * TEEN-3 (18-19) * RAW * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	180	190	205	220	240	255	270	290	315	330	345	365
Bench	95	105	115	130	145	160	180	200	215	235	250	265
Deadlift	180	190	205	225	240	255	270	290	310	325	345	365

FEMALE * TEEN-3 (18-19) * RAW CLASSIC * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV						
97	485	440	400	340	270	220						
105	515	470	430	380	330	270						
114	555	505	455	405	365	320						
123	605	555	505	455	415	370						
132	655	605	555	505	455	410						
148	700	655	615	565	510	460						
165	750	700	650	600	550	500						
181	810	760	700	645	595	550						
198	870	820	770	710	660	610						
220	920	865	815	755	705	650						
242	970	910	855	805	755	710						
242+	1025	965	915	865	815	760						
FEMALE * TEEN-3 (18-19) * RAW CLASSIC * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	210	220	235	250	270	285	300	320	345	360	375	395
Bench	95	105	115	130	145	160	180	200	215	235	250	265
Deadlift	180	190	205	225	240	255	270	290	310	325	345	365

FEMALE TESTED RANKING STANDARDS

FEMALE * TEEN-3 (18-19) * SINGLE-PLY * FULL POWER TOTALS - ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	520	460	395	330	280	240						
105	560	500	445	375	325	280						
114	610	550	495	445	385	325						
123	660	605	545	495	435	370						
132	705	650	595	545	485	420						
148	770	710	645	595	545	495						
165	825	765	700	650	600	550						
181	885	830	770	705	645	595						
198	950	905	835	765	705	645						
220	1000	945	895	835	765	695						
242	1045	995	945	885	835	750						
242+	1095	1045	995	945	895	800						
FEMALE * TEEN-3 (18-19) * SINGLE-PLY * SINGLE LIFT - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	200	215	235	255	270	295	315	335	360	375	390	410
Bench	120	130	140	150	165	185	200	215	235	250	265	280
Deadlift	200	215	235	250	270	290	310	335	355	375	390	405

FEMALE * TEEN-3 (18-19) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Wt Class	Elite	Master	Class I	Class II	Class III	Class IV						
97	590	525	450	400	350	300						
105	645	580	510	450	400	350						
114	705	630	565	500	450	400						
123	760	690	620	565	500	450						
132	820	735	670	615	550	500						
148	880	810	725	655	600	550						
165	940	870	810	740	680	600						
181	995	915	850	785	715	650						
198	1055	985	905	840	790	700						
220	1110	1035	965	900	820	750						
242	1160	1090	1020	950	875	800						
242+	1210	1130	1060	1000	940	850						
FEMALE * TEEN-3 (18-19) * MULTI-PLY * FULL POWER TOTALS - PRO-ELITE QUALIFICATIONS												
Open	97	105	114	123	132	148	165	181	198	220	242	242+
Squat	225	245	270	290	310	330	355	375	400	415	435	445
Bench	140	155	165	185	200	215	235	250	270	285	300	315
Deadlift	225	245	270	285	310	325	350	370	385	410	425	440