

MALE OPEN TESTED 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	845	775	695	595	525	425
123	905	835	755	655	585	485
132	960	890	810	710	640	540
148	1065	995	915	815	745	645
165	1190	1120	1040	940	870	770
181	1305	1235	1155	1055	985	885
198	1415	1345	1265	1165	1095	995
220	1510	1440	1360	1260	1190	1090
242	1610	1540	1460	1360	1290	1190
275	1705	1635	1555	1455	1385	1285
308	1805	1735	1655	1555	1485	1385
SHW	1890	1800	1735	1645	1575	1475

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

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
Squat	305	325	340	380	425	455	505	545	580	620	650	680
Bench	225	240	260	285	315	350	375	400	425	445	475	505
Deadlift	315	340	360	400	450	500	535	565	605	640	680	705

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

Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV
114	865	795	715	615	545	445
123	925	855	775	675	605	505
132	980	910	830	730	660	560
148	1085	1015	935	835	765	665
165	1210	1140	1065	965	890	790
181	1340	1255	1180	1080	1005	905
198	1440	1370	1295	1195	1115	1015
220	1540	1470	1395	1295	1210	1110
242	1645	1570	1495	1395	1310	1210
275	1745	1670	1595	1495	1410	1310
308	1835	1760	1685	1585	1515	1415
SHW	1920	1845	1765	1665	1590	1490

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

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
Squat	325	345	360	400	445	490	530	575	615	660	680	710
Bench	225	240	260	285	315	350	375	400	425	445	475	505
Deadlift	315	340	360	400	450	500	535	565	605	640	680	705

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

Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV
114	960	880	815	725	650	565
123	1025	945	885	790	710	625

132	1105	1025	960	860	785	700
148	1200	1100	1020	930	850	760
165	1315	1205	1125	1025	950	865
181	1440	1325	1230	1130	1050	960
198	1550	1435	1340	1240	1160	1080
220	1650	1550	1445	1345	1260	1175
242	1750	1650	1535	1435	1350	1265
275	1835	1725	1620	1520	1440	1350
308	1910	1805	1700	1600	1520	1425
SHW	2000	1890	1770	1670	1580	1490

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

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
Squat	365	390	420	450	490	535	575	610	655	685	700	745
Bench	250	270	285	320	355	380	405	435	460	480	510	540
Deadlift	345	380	400	430	470	525	570	605	635	670	700	715

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

Wt Class	Pro-Elite	Master	Class I	Class II	Class III	Class IV
114	1045	945	865	780	680	590
123	1105	1005	920	835	740	650
132	1190	1100	995	900	795	715
148	1300	1200	1090	985	885	805
165	1420	1320	1195	1095	990	900
181	1540	1440	1320	1200	1100	1020
198	1665	1565	1455	1335	1235	1130
220	1765	1665	1545	1435	1320	1220
242	1855	1750	1635	1505	1400	1300
275	1945	1845	1735	1590	1490	1390
308	2025	1925	1825	1695	1590	1490
SHW	2125	2015	1900	1785	1675	1575

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

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
Squat	400	420	445	490	540	575	620	660	695	725	750	785
Bench	260	280	315	350	375	410	445	465	490	520	550	575
Deadlift	385	405	430	460	510	555	600	640	670	700	725	765

MALE M/P/F TESTED RANKING STANDARDS

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

114 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	830	850	940	1025
Master	760	780	860	925
Class I	680	700	795	855
Class II	580	600	705	780
Class III	510	530	625	680

123 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	885	905	1005	1085
Master	805	835	925	995
Class I	725	755	865	915
Class II	635	665	770	835
Class III	565	595	680	740

Class IV	415	435	540	590
132 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	940	960	1085	1170
Master	870	890	1005	1080
Class I	790	810	940	995
Class II	690	710	840	900
Class III	620	640	765	795
Class IV	540	560	680	715

165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1170	1190	1295	1400
Master	1100	1120	1195	1300
Class I	1020	1040	1105	1190
Class II	920	940	1005	1090
Class III	850	870	940	990
Class IV	750	770	850	900

198 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1400	1425	1530	1645
Master	1325	1350	1430	1545
Class I	1245	1270	1340	1435
Class II	1145	1170	1240	1325
Class III	1075	1100	1160	1225
Class IV	985	1010	1080	1130

242 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1600	1635	1740	1845
Master	1530	1565	1640	1745
Class I	1450	1485	1535	1625
Class II	1350	1385	1435	1505
Class III	1270	1305	1350	1400
Class IV	1170	1200	1265	1300

308 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1800	1830	1910	2015
Master	1730	1760	1805	1915
Class I	1650	1680	1700	1815
Class II	1550	1580	1600	1685
Class III	1475	1505	1520	1580
Class IV	1375	1405	1425	1480

Class IV	490	520	595	650
148 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1045	1065	1180	1280
Master	975	995	1080	1180
Class I	895	915	1000	1070
Class II	795	815	910	965
Class III	725	745	830	875
Class IV	625	645	740	800

181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1295	1320	1420	1530
Master	1215	1240	1315	1430
Class I	1135	1160	1225	1310
Class II	1035	1060	1125	1190
Class III	965	990	1050	1100
Class IV	865	890	950	1020

220 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1500	1530	1640	1755
Master	1430	1460	1540	1655
Class I	1350	1380	1440	1540
Class II	1250	1280	1345	1430
Class III	1180	1210	1260	1320
Class IV	1070	1100	1175	1220

275 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1700	1740	1830	1940
Master	1630	1670	1725	1840
Class I	1550	1590	1620	1730
Class II	1450	1480	1520	1590
Class III	1375	1400	1440	1490
Class IV	1275	1300	1350	1390

SHW lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1890	1915	1995	2095
Master	1815	1840	1890	1990
Class I	1715	1735	1770	1880
Class II	1620	1640	1670	1765
Class III	1515	1535	1580	1655
Class IV	1415	1435	1490	1555

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

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	300	320	335	380	420	465	505	545	580	610	655	695
Raw CI	320	340	355	400	440	490	530	575	615	650	685	720
Single-ply	350	370	405	435	480	525	565	605	645	680	705	750
Multi-ply	385	405	435	475	510	565	605	650	685	715	740	780
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	220	235	255	285	310	345	370	400	420	445	470	485

Raw CI	220	235	255	285	310	345	370	400	420	445	470	485
Single-ply	240	260	280	310	335	370	405	435	455	480	500	520
Multi-ply	255	275	305	340	375	405	440	465	480	520	545	570
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	310	330	350	400	440	485	525	555	600	645	675	710
Raw CI	310	330	350	400	440	485	525	555	600	645	675	710
Single-ply	350	375	400	435	480	525	560	600	640	670	705	725
Multi-ply	385	405	430	465	515	560	600	640	680	705	730	745

MALE SUBMASTERS TESTED RANKING STANDARDS

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

114 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	830	850	940	1025
Master	760	780	860	925
Class I	680	700	795	855
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	940	960	1085	1195
Master	870	890	1005	1080
Class I	790	810	940	995
Class II	690	710	840	900
Class III	620	640	765	795
Class IV	540	560	680	715
165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1170	1195	1285	1420
Master	1100	1120	1195	1300
Class I	1020	1040	1105	1190
Class II	920	940	1005	1090
Class III	850	870	940	990
Class IV	750	770	850	900
198 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1400	1425	1530	1660
Master	1325	1350	1430	1545
Class I	1245	1270	1340	1435
Class II	1145	1170	1240	1325
Class III	1075	1100	1160	1225
Class IV	985	1010	1080	1130
242 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1600	1635	1740	1845
Master	1530	1565	1640	1745
Class I	1450	1485	1535	1625
Class II	1350	1385	1435	1505

123 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	885	905	1005	1100
Master	805	835	925	1005
Class I	725	755	865	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	1045	1065	1180	1305
Master	975	995	1080	1180
Class I	895	915	1000	1070
Class II	795	815	910	965
Class III	725	745	830	875
Class IV	625	645	740	800
181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1300	1325	1420	1560
Master	1215	1240	1315	1430
Class I	1135	1160	1225	1310
Class II	1035	1060	1125	1190
Class III	965	990	1050	1100
Class IV	865	890	950	1020
220 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1500	1530	1640	1755
Master	1430	1460	1540	1655
Class I	1350	1380	1440	1540
Class II	1250	1280	1345	1430
Class III	1180	1210	1260	1320
Class IV	1070	1100	1175	1220
275 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1700	1740	1830	1940
Master	1630	1670	1725	1840
Class I	1550	1590	1620	1730
Class II	1450	1480	1520	1590

Class III	1270	1305	1350	1400
Class IV	1170	1200	1265	1300
308 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1800	1830	1910	2015
Master	1730	1760	1805	1915
Class I	1650	1680	1700	1815
Class II	1550	1580	1600	1685
Class III	1475	1505	1520	1580
Class IV	1375	1405	1425	1480

Class III	1375	1400	1440	1490
Class IV	1275	1300	1350	1390
SHW lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1890	1915	1995	2095
Master	1815	1840	1890	1990
Class I	1715	1735	1770	1880
Class II	1620	1640	1670	1765
Class III	1515	1535	1580	1655
Class IV	1415	1435	1490	1555

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

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	300	320	335	380	420	465	505	545	580	610	655	695
Raw CI	320	340	355	400	440	490	530	575	615	650	685	720
Single-ply	350	370	405	435	480	525	565	605	645	680	705	750
Multi-ply	385	405	435	475	510	565	605	650	685	715	740	780
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	220	235	255	285	310	345	370	400	420	445	470	485
Raw CI	220	235	255	285	310	345	370	400	420	445	470	485
Single-ply	240	260	280	310	335	370	405	435	455	480	500	520
Multi-ply	255	275	305	340	375	405	440	465	480	520	545	570
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	310	330	350	400	440	485	525	555	600	645	675	710
Raw CI	310	330	350	400	440	485	525	555	600	645	675	710
Single-ply	350	375	400	435	480	525	560	600	640	670	705	725
Multi-ply	385	405	430	465	515	560	600	640	680	705	730	745

MALE JUNIORS TESTED RANKING STANDARDS

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

114 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	790	815	900	960
Master	730	760	840	910
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	895	920	1000	1135
Master	825	870	950	1060
Class I	770	810	900	995
Class II	690	710	840	900
Class III	620	640	765	795
Class IV	540	560	680	715
165 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1115	1140	1250	1380

123 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	845	870	950	1040
Master	785	810	895	975
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	995	1025	1085	1200
Master	925	945	1010	1140
Class I	865	885	950	1070
Class II	795	815	890	965
Class III	725	745	830	875
Class IV	625	645	740	800
181 lb Class	Raw	Raw CI	SP	MP
Pro-Elite	1240	1265	1360	1470

Master	1060	1080	1185	1300
Class I	1000	1020	1105	1190
Class II	920	940	1005	1090
Class III	850	870	940	990
Class IV	750	770	850	900

198 lb Class Raw Raw CI SP MP

Pro-Elite	1330	1360	1475	1605
Master	1325	1350	1430	1545
Class I	1245	1270	1340	1435
Class II	1145	1170	1240	1325
Class III	1075	1100	1160	1225
Class IV	985	1010	1080	1130

242 lb Class Raw Raw CI SP MP

Pro-Elite	1560	1590	1680	1785
Master	1500	1530	1640	1745
Class I	1450	1485	1535	1625
Class II	1350	1385	1435	1505
Class III	1270	1305	1350	1400
Class IV	1170	1200	1265	1300

308 lb Class Raw Raw CI SP MP

Pro-Elite	1710	1750	1840	1950
Master	1640	1680	1765	1860
Class I	1580	1620	1700	1800
Class II	1520	1560	1600	1685
Class III	1455	1495	1520	1580
Class IV	1375	1415	1425	1480

Master	1180	1200	1300	1410
Class I	1120	1140	1225	1310
Class II	1035	1060	1125	1190
Class III	965	990	1050	1100
Class IV	865	890	950	1020

220 lb Class Raw Raw CI SP MP

Pro-Elite	1480	1510	1595	1695
Master	1415	1445	1530	1630
Class I	1350	1380	1440	1540
Class II	1250	1280	1345	1430
Class III	1180	1210	1260	1320
Class IV	1070	1100	1175	1220

275 lb Class Raw Raw CI SP MP

Pro-Elite	1640	1670	1785	1915
Master	1585	1615	1715	1840
Class I	1510	1540	1620	1730
Class II	1450	1480	1520	1590
Class III	1375	1400	1440	1490
Class IV	1275	1300	1350	1390

SHW lb Class Raw Raw CI SP MP

Pro-Elite	1830	1870	1970	2030
Master	1760	1810	1900	1950
Class I	1700	1735	1770	1880
Class II	1620	1640	1670	1765
Class III	1515	1535	1580	1655
Class IV	1415	1435	1490	1555

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

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	285	305	325	350	400	445	475	535	565	590	610	650
Raw CI	310	330	350	380	425	470	505	565	595	620	650	690
Single-ply	335	350	370	405	460	495	540	585	620	655	675	730
Multi-ply	360	385	420	440	505	535	590	635	660	700	710	745
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	215	235	250	285	310	345	370	400	420	445	465	490
Raw CI	215	235	250	285	310	345	370	400	420	445	465	490
Single-ply	240	255	270	305	330	370	405	435	445	475	495	520
Multi-ply	255	275	300	335	375	400	440	460	480	520	530	545
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
Raw	290	305	320	360	405	450	485	545	575	605	635	690
Raw CI	290	305	320	360	405	450	485	545	575	605	635	690
Single-ply	325	345	360	375	460	495	530	575	615	655	670	720
Multi-ply	345	380	415	425	500	535	575	600	645	695	710	740

MALE MASTERS TESTED 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	830	790	740	680	610	540	470	410	355	305
Masters	760	710	660	600	530	470	410	350	300	255
Class I	680	630	580	520	460	400	350	300	250	215
Class II	580	530	480	430	380	340	295	250	200	175
Class III	510	465	430	390	330	295	245	200	160	140
Class IV	440	400	360	335	295	245	200	160	130	115

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	850	810	760	700	630	560	490	430	375	325
Masters	780	730	680	620	550	490	430	370	320	275
Class I	700	650	600	540	480	420	370	320	270	235
Class II	600	550	500	450	400	360	315	270	220	195
Class III	530	485	450	410	350	315	265	220	180	160
Class IV	460	420	380	355	315	265	220	180	150	135

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	940	900	840	780	700	630	560	500	430	375
Masters	870	830	760	700	620	560	500	440	370	320
Class I	790	750	680	620	550	490	440	380	320	270
Class II	690	640	580	530	470	420	375	325	270	220
Class III	630	575	510	450	400	350	300	255	220	180
Class IV	550	500	450	390	345	300	250	205	180	155

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	1025	960	900	845	790	735	665	595	530	460
Masters	955	900	850	800	715	650	560	500	440	375
Class I	875	820	775	720	650	560	500	440	370	315
Class II	775	720	660	615	550	500	430	370	310	265
Class III	715	655	580	530	480	425	370	310	255	215
Class IV	635	570	510	450	400	350	300	255	215	180

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	885	845	795	735	665	595	525	450	380	340
Masters	805	765	715	655	585	525	465	380	330	290
Class I	725	685	635	575	515	455	405	325	270	240
Class II	635	585	535	485	435	395	360	285	225	200

Class III	565	520	485	440	385	350	310	235	190	165
Class IV	490	455	415	375	345	300	260	200	160	130

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	905	865	815	755	685	615	545	470	400	360
Masters	825	785	735	675	605	545	485	400	350	310
Class I	745	705	655	595	535	475	425	345	290	260
Class II	655	615	565	505	455	415	380	305	245	220
Class III	585	545	505	460	405	370	330	255	210	185
Class IV	510	475	435	395	365	320	280	220	180	150

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	990	950	900	840	770	700	630	555	485	435
Masters	925	885	835	775	705	645	575	505	435	395
Class I	855	805	765	705	635	585	525	450	395	360
Class II	785	735	685	635	570	525	480	405	345	320
Class III	685	645	605	560	505	470	435	360	310	275
Class IV	610	575	535	495	465	420	380	320	280	230

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	1100	1040	990	940	880	820	750	685	615	550
Masters	1015	985	935	865	795	725	645	585	505	450
Class I	945	905	855	785	725	645	595	520	455	400
Class II	875	825	775	715	645	595	540	465	405	360
Class III	795	735	695	640	595	525	485	410	365	315
Class IV	715	670	620	580	525	475	435	360	315	265

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	940	895	845	785	725	665	595	525	455	405
Masters	870	815	775	730	655	600	535	460	400	350
Class I	790	745	695	645	595	525	455	400	350	300
Class II	690	660	625	585	535	485	405	360	305	250
Class III	620	590	555	515	475	425	365	310	260	210
Class IV	540	520	490	445	415	380	320	260	220	170

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	960	915	865	805	745	685	615	545	475	425
Masters	890	835	795	750	675	620	555	480	420	370
Class I	810	765	715	665	615	545	475	420	370	320

Class II	710	680	645	605	555	505	425	380	325	270
Class III	640	610	575	535	495	445	385	330	280	230
Class IV	560	540	510	465	435	400	340	280	240	190

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	1040	990	935	875	815	765	700	625	550	500
Masters	950	910	855	805	755	705	645	580	500	440
Class I	880	830	775	730	680	630	580	500	440	380
Class II	810	760	715	660	600	550	500	450	380	335
Class III	740	690	635	580	540	495	445	395	335	275
Class IV	640	590	545	500	460	410	375	325	275	240

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	1195	1135	1065	1015	965	900	845	765	680	620
Masters	1065	1025	970	920	865	815	760	680	600	540
Class I	990	940	885	840	790	740	680	610	540	480
Class II	920	870	815	760	710	660	600	540	480	435
Class III	840	790	735	680	630	585	525	475	425	375
Class IV	740	690	645	590	550	500	450	405	355	300

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	1045	985	925	855	775	705	635	575	515	465
Masters	975	910	860	800	715	645	585	515	455	405
Class I	895	840	800	740	655	595	525	450	400	350
Class II	795	780	740	680	600	535	475	400	355	300
Class III	725	710	670	620	550	485	425	355	315	260
Class IV	645	625	595	550	490	440	375	315	275	225

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	1065	1005	945	875	795	725	655	595	535	485
Masters	995	930	880	820	735	665	605	535	475	425
Class I	915	860	820	760	675	615	545	470	420	370
Class II	815	795	760	700	620	555	495	420	375	320
Class III	750	730	690	640	570	505	445	375	335	280
Class IV	670	650	615	570	510	460	395	335	295	245

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	1145	1085	1025	965	875	805	735	675	615	555
Masters	1075	1010	960	900	815	745	685	625	555	500

Class I	995	940	890	830	755	690	625	550	500	430
Class II	915	875	830	780	700	635	565	500	430	390
Class III	830	800	760	710	630	580	515	455	395	340
Class IV	750	715	675	630	570	530	465	405	350	295

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	1305	1245	1185	1130	1045	970	900	840	785	715
Masters	1200	1140	1090	1030	945	875	815	755	685	625
Class I	1120	1070	1010	950	875	820	755	670	620	550
Class II	1040	1000	940	890	800	740	675	610	540	480
Class III	955	900	850	800	720	670	605	545	490	430
Class IV	875	815	765	720	650	610	545	485	430	385

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	1170	1115	1055	975	905	825	755	685	615	545
Masters	1100	1045	985	905	830	760	700	620	570	490
Class I	1020	975	915	855	765	700	650	570	520	440
Class II	940	900	845	790	705	650	600	520	470	390
Class III	860	830	785	735	655	600	550	470	420	340
Class IV	780	750	720	650	600	550	505	420	370	300

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	1195	1140	1080	1000	930	850	780	710	640	570
Masters	1125	1070	1015	930	855	785	725	645	595	515
Class I	1045	1000	940	880	790	725	675	595	545	465
Class II	965	925	870	815	730	675	625	545	495	415
Class III	885	855	810	760	680	625	575	495	445	365
Class IV	810	775	745	675	625	575	530	445	395	325

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	1285	1230	1170	1090	1020	940	870	800	730	660
Masters	1215	1160	1105	1020	945	865	815	735	685	605
Class I	1135	1090	1030	970	880	815	765	685	635	555
Class II	1055	1015	960	905	820	765	715	635	585	505
Class III	975	945	900	850	770	715	665	585	535	455
Class IV	900	865	835	765	715	665	620	535	485	415

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	1420	1365	1305	1225	1155	1075	1015	935	865	795

Masters	1315	1260	1205	1120	1045	965	915	835	785	705
Class I	1235	1190	1130	1070	980	915	865	785	735	655
Class II	1155	1115	1060	1005	920	865	815	735	685	605
Class III	1075	1045	1000	950	870	815	765	685	635	555
Class IV	1000	965	935	865	815	765	720	635	585	515

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	1300	1240	1180	1115	1035	955	865	785	715	655
Masters	1215	1165	1100	1040	960	880	800	710	650	580
Class I	1135	1085	1030	960	880	810	740	650	600	510
Class II	1035	995	940	880	810	750	685	600	550	450
Class III	965	905	860	810	750	700	620	550	500	400
Class IV	875	840	800	750	700	650	570	500	450	350

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	1325	1265	1205	1140	1060	980	890	810	740	680
Masters	1240	1190	1125	1065	985	905	825	735	675	605
Class I	1160	1110	1055	985	905	835	765	675	625	535
Class II	1060	1020	965	905	835	775	710	625	575	475
Class III	990	930	885	835	775	725	645	575	525	425
Class IV	900	865	825	775	725	675	595	525	475	375

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	1420	1360	1300	1235	1155	1075	985	905	835	775
Masters	1340	1290	1225	1165	1085	1005	925	835	775	705
Class I	1260	1210	1155	1085	1005	935	865	775	725	635
Class II	1160	1120	1065	1005	935	875	810	725	675	575
Class III	1090	1030	985	935	875	825	745	675	625	525
Class IV	1000	965	925	875	825	775	695	625	575	475

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	1560	1490	1430	1365	1295	1215	1125	1035	955	895
Masters	1440	1390	1325	1265	1185	1105	1025	935	875	805
Class I	1360	1310	1255	1185	1105	1035	965	875	825	735
Class II	1260	1220	1165	1105	1035	975	910	825	775	675
Class III	1190	1130	1085	1035	975	925	845	775	725	625
Class IV	1100	1065	1025	975	925	875	795	725	675	575

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	1400	1335	1265	1195	1125	1055	960	880	825	795
Masters	1315	1255	1185	1115	1055	975	885	800	735	680
Class I	1225	1165	1105	1025	965	875	805	720	660	620
Class II	1125	1075	1025	945	875	815	750	670	610	570
Class III	1055	1000	935	885	815	760	700	620	550	500
Class IV	965	925	875	825	760	700	650	570	500	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	1425	1360	1290	1220	1150	1080	985	905	845	815
Masters	1340	1280	1210	1140	1080	1000	910	825	755	700
Class I	1250	1190	1130	1050	990	900	830	745	680	640
Class II	1140	1100	1050	970	900	840	775	695	630	590
Class III	1080	1025	960	910	840	785	725	645	570	520
Class IV	990	950	900	850	785	725	675	595	520	470

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	1520	1455	1385	1315	1245	1175	1080	1000	940	910
Masters	1435	1375	1305	1235	1175	1095	1005	920	850	795
Class I	1345	1285	1225	1145	1085	995	925	840	775	735
Class II	1235	1195	1145	1065	995	935	870	790	725	665
Class III	1175	1120	1055	1005	935	880	820	740	665	615
Class IV	1085	1045	995	945	880	820	770	690	615	555

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	1660	1595	1525	1455	1380	1300	1200	1120	1060	1020
Masters	1545	1485	1415	1345	1285	1205	1115	1030	960	905
Class I	1455	1395	1335	1255	1195	1105	1035	950	885	845
Class II	1345	1305	1255	1175	1115	1045	980	900	835	775
Class III	1285	1240	1165	1115	1055	990	930	850	775	725
Class IV	1195	1155	1105	1055	990	930	880	800	725	665

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	1500	1440	1380	1320	1260	1170	1050	960	880	820
Masters	1430	1370	1310	1240	1180	1110	980	880	810	750
Class I	1360	1300	1240	1150	1090	1030	900	810	740	680
Class II	1270	1210	1150	1080	1020	960	830	750	680	620
Class III	1190	1130	1080	1000	950	890	780	690	625	570
Class IV	1080	1030	980	930	880	830	730	630	575	510

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	1530	1470	1410	1350	1290	1200	1080	990	910	850
Masters	1460	1400	1340	1270	1210	1140	1010	910	840	780
Class I	1390	1330	1270	1180	1120	1060	930	840	770	710
Class II	1300	1240	1180	1110	1050	990	860	780	710	650
Class III	1220	1160	1110	1030	980	920	810	720	655	600
Class IV	1110	1060	1010	960	910	860	760	660	605	540

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	1635	1575	1515	1455	1395	1305	1185	1095	1015	955
Masters	1560	1500	1440	1370	1310	1240	1110	1010	940	880
Class I	1490	1430	1370	1280	1220	1160	1030	940	870	810
Class II	1400	1340	1280	1210	1150	1090	960	880	810	750
Class III	1320	1260	1210	1130	1080	1020	910	820	755	700
Class IV	1210	1160	1110	1060	1010	960	860	760	705	640

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	1745	1695	1635	1565	1505	1415	1295	1205	1125	1065
Masters	1660	1600	1540	1470	1410	1340	1210	1110	1040	980
Class I	1590	1530	1470	1380	1320	1260	1130	1040	970	910
Class II	1500	1440	1380	1310	1250	1190	1060	980	910	850
Class III	1420	1360	1310	1230	1180	1120	1010	920	855	800
Class IV	1310	1260	1210	1160	1110	1060	960	860	805	740

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	1590	1530	1470	1410	1350	1250	1140	1050	970	910
Masters	1520	1460	1400	1340	1280	1180	1070	980	900	840
Class I	1450	1390	1330	1270	1210	1110	1000	910	830	770
Class II	1360	1300	1240	1160	1120	1020	910	840	750	690
Class III	1280	1220	1160	1080	1040	940	830	770	680	620
Class IV	1180	1120	1060	980	940	870	770	710	620	550

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	1620	1560	1500	1440	1380	1280	1170	1080	1000	940
Masters	1550	1490	1430	1370	1310	1210	1100	1010	930	870
Class I	1480	1420	1360	1300	1240	1140	1030	940	860	800
Class II	1390	1330	1270	1190	1150	1050	940	870	780	720
Class III	1310	1250	1190	1110	1070	970	860	800	710	650
Class IV	1210	1150	1090	1010	970	900	800	740	650	580

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	1730	1670	1610	1540	1480	1380	1270	1180	1100	1040
Masters	1650	1590	1530	1470	1400	1310	1200	1110	1030	950
Class I	1580	1520	1440	1390	1320	1240	1130	1040	960	880
Class II	1490	1430	1370	1290	1240	1150	1040	970	870	800
Class III	1410	1350	1290	1210	1160	1070	960	900	810	720
Class IV	1310	1250	1190	1110	1060	990	890	830	740	660

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	1840	1770	1710	1640	1570	1470	1360	1270	1190	1120
Masters	1750	1690	1620	1560	1490	1400	1290	1200	1110	1040
Class I	1680	1610	1540	1480	1410	1330	1220	1130	1040	970
Class II	1590	1520	1470	1380	1320	1240	1140	1060	970	890
Class III	1500	1440	1380	1310	1240	1160	1060	980	900	820
Class IV	1410	1340	1280	1200	1140	1060	970	900	830	750

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	1670	1600	1530	1450	1380	1290	1200	1130	1050	980
Masters	1600	1530	1450	1380	1320	1220	1120	1050	980	910
Class I	1530	1460	1390	1320	1250	1150	1050	985	925	840
Class II	1460	1390	1320	1250	1180	1080	980	925	860	780
Class III	1380	1320	1255	1180	1100	1010	910	870	810	720
Class IV	1290	1240	1180	1100	1020	950	850	810	750	650

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	1710	1640	1570	1490	1420	1330	1240	1170	1090	1020
Masters	1640	1570	1490	1420	1360	1260	1160	1090	1020	950
Class I	1570	1500	1430	1360	1290	1190	1090	1025	965	880
Class II	1500	1430	1360	1290	1220	1120	1020	965	900	820
Class III	1420	1360	1295	1220	1140	1050	950	910	850	760
Class IV	1330	1280	1220	1140	1060	990	890	850	790	690

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	1820	1750	1680	1600	1530	1440	1350	1280	1200	1130
Masters	1740	1670	1590	1520	1460	1360	1260	1190	1120	1050
Class I	1670	1600	1530	1460	1390	1290	1190	1125	1065	980
Class II	1600	1530	1460	1390	1320	1220	1120	1065	1000	920
Class III	1520	1460	1395	1320	1240	1150	1050	1010	950	860
Class IV	1430	1380	1320	1240	1160	1090	990	950	890	790

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	1935	1865	1795	1715	1645	1555	1465	1395	1315	1245
Masters	1850	1780	1700	1640	1570	1470	1370	1300	1230	1060
Class I	1770	1700	1630	1560	1490	1390	1290	1225	1165	1080
Class II	1700	1630	1560	1490	1420	1320	1220	1165	1100	1020
Class III	1620	1560	1495	1420	1340	1250	1150	1110	1050	960
Class IV	1530	1480	1420	1340	1260	1190	1090	1050	990	890

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	1775	1700	1625	1555	1475	1375	1275	1190	1115	1025
Masters	1685	1605	1530	1470	1390	1290	1190	1100	1030	930
Class I	1605	1535	1470	1405	1320	1220	1120	1030	960	860
Class II	1535	1465	1405	1340	1240	1140	1040	965	900	800
Class III	1465	1390	1340	1270	1170	1070	970	900	845	740
Class IV	1390	1330	1270	1200	1100	1000	900	850	795	690

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	1815	1740	1665	1595	1515	1415	1315	1230	1155	1065
Masters	1725	1645	1570	1510	1430	1330	1230	1140	1070	970
Class I	1645	1575	1510	1445	1360	1260	1160	1070	1000	900
Class II	1575	1505	1445	1380	1280	1180	1080	1005	940	840
Class III	1505	1430	1380	1310	1210	1110	1010	940	885	780
Class IV	1430	1370	1310	1240	1140	1040	940	890	835	730

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	1900	1825	1750	1680	1600	1500	1400	1315	1240	1150
Masters	1810	1730	1655	1595	1515	1415	1315	1225	1155	1055
Class I	1730	1660	1595	1530	1445	1345	1245	1155	1085	985
Class II	1660	1590	1530	1465	1365	1265	1165	1090	1025	925
Class III	1590	1515	1465	1395	1295	1195	1095	1025	960	855
Class IV	1515	1455	1395	1325	1225	1125	1025	975	910	805

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	2000	1925	1850	1780	1700	1600	1500	1415	1340	1250
Masters	1910	1830	1755	1695	1615	1515	1415	1325	1255	1155
Class I	1830	1760	1695	1630	1545	1445	1345	1255	1185	1085
Class II	1760	1690	1630	1565	1465	1365	1265	1190	1125	1025
Class III	1690	1615	1565	1495	1395	1295	1195	1125	1060	955

Class IV	1615	1555	1495	1425	1325	1225	1125	1075	1010	905
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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	1875	1795	1725	1645	1555	1425	1325	1235	1165	1095
Masters	1800	1700	1645	1575	1475	1355	1255	1165	1100	1025
Class I	1720	1620	1585	1510	1405	1275	1175	1095	1040	955
Class II	1650	1550	1520	1445	1335	1205	1105	1025	980	895
Class III	1580	1470	1455	1375	1265	1145	1045	955	920	825
Class IV	1505	1410	1375	1315	1205	1095	995	905	870	765

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	1900	1820	1750	1670	1580	1450	1350	1260	1190	1120
Masters	1825	1725	1670	1600	1500	1380	1280	1190	1125	1050
Class I	1745	1645	1600	1535	1430	1300	1200	1120	1065	980
Class II	1675	1575	1535	1460	1360	1220	1120	1040	995	910
Class III	1605	1495	1460	1390	1280	1165	1060	970	935	840
Class IV	1530	1435	1390	1330	1220	1110	1010	920	885	780

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	1980	1900	1830	1750	1660	1530	1430	1340	1270	1200
Masters	1900	1800	1745	1675	1575	1455	1355	1265	1200	1125
Class I	1820	1720	1685	1610	1505	1375	1275	1195	1140	1055
Class II	1750	1650	1620	1545	1435	1305	1205	1125	1080	995
Class III	1680	1570	1555	1475	1365	1245	1145	1055	1020	925
Class IV	1605	1510	1475	1415	1305	1195	1095	1005	970	865

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	2080	2000	1930	1850	1760	1630	1530	1440	1370	1300
Masters	2000	1900	1845	1775	1675	1555	1455	1365	1300	1225
Class I	1920	1820	1785	1710	1605	1475	1375	1295	1240	1155
Class II	1850	1750	1720	1645	1535	1405	1305	1225	1180	1095
Class III	1780	1670	1655	1575	1465	1345	1245	1155	1120	1025
Class IV	1700	1610	1575	1515	1405	1295	1195	1105	1070	965

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

MASTERS RAW - PRO-ELITE LIFTS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	300	320	335	370	420	470	505	545	575	600	640	685
M2 (45-49)	285	305	320	350	395	445	480	520	550	580	615	655
M3 (50-54)	265	285	300	330	375	425	455	500	530	550	585	625

M4 (55-59)	245	265	280	305	345	400	430	475	505	520	560	595
M5 (60-64)	220	240	255	275	320	370	405	455	480	490	530	560
M6 (65-69)	195	210	235	250	290	340	375	425	445	460	485	510
M7 (70-74)	170	185	210	225	265	300	340	370	405	425	450	470
M8 (75-79)	150	155	185	200	240	275	310	340	365	400	425	440
M9 (80-84)	130	135	160	180	215	250	290	310	340	365	395	415
M10 (85+)	110	120	140	165	190	230	280	290	320	345	360	385
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	220	235	255	285	310	345	370	400	420	445	465	480
M2 (45-49)	215	225	240	265	300	330	355	380	410	430	450	460
M3 (50-54)	200	210	225	250	285	315	335	365	395	410	430	445
M4 (55-59)	185	195	205	225	265	295	315	345	380	395	415	430
M5 (60-64)	165	175	190	205	245	275	300	330	360	370	395	410
M6 (65-69)	145	160	175	185	220	255	285	310	340	350	380	385
M7 (70-74)	130	140	155	170	205	235	255	285	315	330	355	365
M8 (75-79)	110	120	135	150	185	215	240	265	290	300	320	335
M9 (80-84)	95	100	115	135	165	195	225	245	270	280	295	305
M10 (85+)	80	90	105	120	145	175	215	225	250	265	280	290
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	310	330	350	390	440	485	525	555	595	625	670	710
M2 (45-49)	290	315	335	370	420	465	500	540	570	590	635	680
M3 (50-54)	275	300	320	345	395	440	475	515	545	570	610	655
M4 (55-59)	250	275	300	325	365	420	450	500	525	535	580	620
M5 (60-64)	225	250	280	295	340	390	420	475	510	520	545	585
M6 (65-69)	200	225	255	270	315	360	395	440	465	480	510	530
M7 (70-74)	170	200	230	240	285	325	365	390	420	445	470	490
M8 (75-79)	150	175	205	225	260	295	330	355	395	430	445	460
M9 (80-84)	130	145	180	200	235	270	310	325	360	405	425	445
M10 (85+)	115	130	160	180	210	250	300	305	340	370	385	420

MASTERS RAW CLASSIC - PRO-ELITE LIFTS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	320	340	355	390	445	495	530	575	605	640	680	710
M2 (45-49)	305	315	340	370	420	470	505	550	580	620	655	680
M3 (50-54)	285	305	320	350	400	450	480	530	560	590	625	650
M4 (55-59)	265	285	300	325	370	425	455	505	535	560	600	620
M5 (60-64)	240	260	275	295	345	395	430	485	510	530	570	585
M6 (65-69)	215	230	255	270	315	365	400	455	475	500	525	535
M7 (70-74)	190	205	230	245	290	325	365	400	435	465	490	495
M8 (75-79)	170	175	205	220	265	300	335	370	395	440	465	465
M9 (80-84)	150	155	180	200	240	275	310	340	370	405	435	440
M10 (85+)	130	140	160	185	215	255	300	320	350	385	400	410
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	220	235	255	285	310	345	370	400	420	445	465	480

M2 (45-49)	215	225	240	265	300	330	355	380	410	430	450	460
M3 (50-54)	200	210	225	250	285	315	335	365	395	410	430	445
M4 (55-59)	185	195	205	225	265	295	315	345	380	395	415	430
M5 (60-64)	165	175	190	205	245	275	300	330	360	370	395	410
M6 (65-69)	145	160	175	185	220	255	285	310	340	350	380	385
M7 (70-74)	130	140	155	170	205	235	255	285	315	330	355	365
M8 (75-79)	110	120	135	150	185	215	240	265	290	300	320	335
M9 (80-84)	95	100	115	135	165	195	225	245	270	280	295	305
M10 (85+)	80	90	105	120	145	175	215	225	250	265	280	290
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	310	330	350	390	440	485	525	555	595	625	670	710
M2 (45-49)	290	315	335	370	420	465	500	540	570	590	635	680
M3 (50-54)	275	300	320	345	395	440	475	515	545	570	610	655
M4 (55-59)	250	275	300	325	365	420	450	500	525	535	580	620
M5 (60-64)	225	250	280	295	340	390	420	475	510	520	545	585
M6 (65-69)	200	225	255	270	315	360	395	440	465	480	510	530
M7 (70-74)	170	200	230	240	285	325	365	390	420	445	470	490
M8 (75-79)	150	175	205	225	260	295	330	355	395	430	445	460
M9 (80-84)	130	145	180	200	235	270	310	325	360	405	425	445
M10 (85+)	115	130	160	180	210	250	300	305	340	370	385	420

MASTERS SINGLE-PLY - PRO-ELITE LIFTS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	355	370	385	420	475	525	565	610	645	675	705	740
M2 (45-49)	340	345	365	400	450	510	540	590	620	650	675	705
M3 (50-54)	315	335	345	380	430	480	515	570	600	625	650	680
M4 (55-59)	295	315	325	360	400	455	485	545	575	595	625	640
M5 (60-64)	265	290	300	325	375	430	465	525	555	570	595	615
M6 (65-69)	235	260	285	300	345	400	435	490	515	535	555	565
M7 (70-74)	210	235	260	275	320	360	400	440	470	500	515	525
M8 (75-79)	190	205	235	250	295	335	370	405	435	475	485	495
M9 (80-84)	160	185	210	230	270	310	345	375	405	445	460	470
M10 (85+)	140	160	190	210	245	290	335	355	385	420	425	445
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	240	255	275	305	330	365	390	420	445	470	490	500
M2 (45-49)	235	245	260	285	320	350	375	400	430	455	475	490
M3 (50-54)	220	230	245	270	305	335	355	385	410	435	455	475
M4 (55-59)	205	215	225	245	285	315	335	365	390	415	435	460
M5 (60-64)	180	195	210	225	265	295	320	350	375	395	415	435
M6 (65-69)	160	180	195	205	240	275	305	330	355	375	400	415
M7 (70-74)	145	160	180	190	225	255	280	305	335	355	375	390
M8 (75-79)	125	140	155	170	205	235	260	285	310	335	355	365
M9 (80-84)	110	120	135	155	185	215	245	265	290	315	330	340
M10 (85+)	90	110	120	140	165	195	235	245	270	290	300	315

DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	345	365	380	420	470	525	565	605	640	675	705	740
M2 (45-49)	325	350	365	400	450	505	540	585	620	645	675	705
M3 (50-54)	305	335	345	375	425	485	515	560	600	620	645	675
M4 (55-59)	280	310	325	360	395	465	490	545	575	590	620	635
M5 (60-64)	255	285	305	325	370	430	460	520	550	565	590	610
M6 (65-69)	235	260	285	300	345	400	435	485	510	530	545	550
M7 (70-74)	205	235	260	270	315	365	400	435	465	495	510	515
M8 (75-79)	185	210	235	255	290	335	370	405	435	470	475	480
M9 (80-84)	160	180	205	230	265	310	350	375	405	440	450	460
M10 (85+)	135	160	190	205	240	290	340	355	385	420	425	440

MASTERS MULTI-PLY - PRO-ELITE LIFTS

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	385	410	440	475	520	575	615	645	680	715	735	770
M2 (45-49)	360	380	415	455	500	555	590	630	650	690	705	735
M3 (50-54)	335	365	390	435	480	525	565	610	635	660	680	715
M4 (55-59)	315	350	375	415	450	505	535	580	610	635	660	675
M5 (60-64)	295	325	360	385	420	480	515	560	585	610	630	650
M6 (65-69)	270	300	335	360	390	450	480	525	545	575	590	600
M7 (70-74)	245	280	315	335	370	410	440	475	500	540	550	560
M8 (75-79)	225	255	280	305	340	380	410	440	465	515	520	525
M9 (80-84)	195	230	250	285	315	350	390	410	435	485	500	510
M10 (85+)	170	205	225	265	290	330	375	390	415	465	465	485
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	265	285	320	355	370	410	435	455	485	505	530	540
M2 (45-49)	250	270	305	335	360	390	415	440	465	490	510	525
M3 (50-54)	235	255	285	320	345	375	395	425	445	470	485	505
M4 (55-59)	220	245	270	300	325	355	375	405	425	450	465	490
M5 (60-64)	205	230	255	280	315	335	355	390	405	430	445	465
M6 (65-69)	190	210	235	260	285	315	340	370	385	410	430	445
M7 (70-74)	175	195	220	245	270	295	320	345	365	390	405	420
M8 (75-79)	155	180	205	230	250	275	300	325	340	370	380	395
M9 (80-84)	135	160	185	215	230	255	285	305	320	340	355	360
M10 (85+)	115	145	170	190	210	235	270	285	300	325	330	335
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1 (40-44)	375	405	435	475	520	565	610	645	675	715	735	770
M2 (45-49)	350	380	415	455	495	550	590	625	655	685	710	740
M3 (50-54)	330	370	390	430	470	530	565	600	630	660	680	710
M4 (55-59)	310	345	360	415	440	510	540	580	605	630	655	670
M5 (60-64)	290	325	350	380	420	480	510	560	580	605	625	645
M6 (65-69)	275	300	330	350	390	450	480	520	540	570	580	585
M7 (70-74)	245	275	310	325	365	415	440	470	495	535	545	550
M8 (75-79)	215	250	280	305	335	380	410	440	465	510	515	520

M9 (80-84)	200	225	245	285	310	350	385	410	435	480	495	500
M10 (85+)	165	200	225	260	285	330	375	390	405	455	455	480

MALE YOUTH TESTED 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 * TESTED - 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) TESTED 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	735	815
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 * TESTED - 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) TESTED 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 * TESTED - 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) TESTED 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 * TESTED - 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