



## MALE "TESTED" RANKING STANDARDS

### MALE "RAW" OPEN

Wt. Class	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	1885	1815	1745	1645	1575	1475

### RAW SINGLE LIFT - ELITE Classifications

#### RAW SQUAT

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

#### RAW BENCH

BENCH	225	240	260	285	315	350	375	400	425	445	475	490
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#### RAW DEADLIFT

DEADLIFT	315	340	360	400	450	500	535	565	605	640	680	715
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### MALE "RAW CLASSIC" OPEN

Wt. Class	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	1060	960	890	790
181	1325	1255	1175	1075	1005	905
198	1435	1365	1285	1185	1115	1015
220	1530	1460	1380	1280	1210	1110
242	1630	1560	1480	1380	1310	1210
275	1725	1655	1575	1475	1405	1305
308	1825	1755	1675	1575	1505	1405
SHW	1905	1835	1755	1655	1585	1485

### MALE RAW CLASSIC SINGLE LIFT - ELITE Classifications

#### RAW CLASSIC SQUAT

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
SQUAT	325	345	360	400	445	575	525	565	600	640	670	700

#### RAW BENCH

BENCH	225	240	260	285	315	350	375	400	425	445	475	490
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#### RAW DEADLIFT

DEADLIFT	315	340	360	400	450	500	535	565	605	640	680	715
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## MALE "TESTED" RANKING STANDARDS

### MALE EQUIPPED "SINGLE-PLY" OPEN

Wt. Class	Elite	Master	Class I	Class II	Class III	Class IV
114	980	900	825	725	650	565
123	1040	960	885	785	710	625
132	1115	1035	960	860	785	700
148	1185	1095	1020	920	845	760
165	1290	1200	1125	1025	950	865
181	1395	1305	1230	1130	1055	960
198	1505	1415	1340	1240	1165	1080
220	1610	1520	1445	1345	1270	1175
242	1700	1610	1535	1435	1360	1265
275	1785	1695	1620	1520	1445	1350
308	1860	1770	1695	1595	1520	1425
SHW	1915	1825	1750	1650	1575	1490

### Equipped Single-Ply Single Lift "Tested" ELITE Classifications

#### SINGLE-PLY SQUAT

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
SQUAT	360	375	405	430	465	500	540	575	605	640	665	690

#### SINGLE-PLY BENCH

BENCH	240	260	285	305	335	370	405	435	460	480	495	505
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#### SINGLE-PLY DEADLIFT

DEADLIFT	380	405	425	450	490	525	560	600	635	665	700	720
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### MALE UNLIMITED "MULTI-PLY" OPEN

Wt. Class	Elite	Master	Class I	Class II	Class III	Class IV
114	1045	945	865	780	660	570
123	1105	1005	920	835	725	635
132	1195	1105	995	900	790	710
148	1300	1200	1090	985	885	805
165	1415	1315	1195	1095	990	900
181	1530	1430	1310	1200	1100	1025
198	1665	1565	1445	1335	1225	1145
220	1765	1665	1545	1435	1320	1240
242	1820	1720	1600	1500	1390	1310
275	1910	1810	1690	1580	1460	1380
308	1985	1885	1765	1650	1540	1460
SHW	2040	1940	1820	1710	1600	1520

### Gearred MULTI-PLY Single Lift "Tested" ELITE Classifications

#### GEARED SQUAT

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
SQUAT	390	410	440	470	510	550	610	645	665	695	720	740

#### GEARED BENCH

BENCH	255	275	305	345	370	410	440	465	480	510	530	545
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#### GEARED DEADLIFT

DEADLIFT	400	420	450	485	535	570	615	655	675	705	735	755
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# MALE "TESTED" RANKING STANDARDS

## MALE JUNIORS (20-23) STANDARDS

<u>114 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>123 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	820	840	930	1020		875	895	985	1075
Master	740	760	850	940		780	800	890	980
Class I	639	659	749	839		695	715	805	895
Class II	559	579	669	759		625	645	735	825
Class III	482	502	592	682		550	570	660	750
Class IV	425	445	535	625		490	510	600	690
<u>132 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>148 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	960	980	1070	1160		1050	1070	1160	1250
Master	840	860	940	1040		900	920	1010	1100
Class I	770	790	870	970		830	850	940	1030
Class II	705	725	815	905		760	780	870	960
Class III	635	655	745	835		690	710	800	890
Class IV	555	575	665	755		625	645	735	825
<u>165 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>181 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1170	1190	1280	1370		1285	1305	1395	1485
Master	1050	1070	1160	1250		1170	1190	1280	1370
Class I	940	960	1050	1140		1060	1080	1170	1260
Class II	880	900	990	1080		985	1005	1095	1185
Class III	810	830	920	1010		925	945	1035	1125
Class IV	740	760	850	940		845	865	955	1045
<u>198 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>220 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1395	1415	1505	1595		1475	1495	1585	1675
Master	1285	1305	1395	1485		1360	1380	1470	1560
Class I	1185	1205	1295	1385		1275	1295	1385	1475
Class II	1075	1095	1185	1275		1175	1195	1285	1375
Class III	995	1015	1105	1195		1095	1115	1205	1295
Class IV	905	925	1015	1105		975	995	1085	1175
<u>242 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>275 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1570	1590	1680	1770		1650	1670	1760	1850
Master	1465	1485	1575	1665		1540	1560	1650	1740
Class I	1345	1365	1455	1545		1435	1455	1545	1635
Class II	1235	1255	1345	1435		1330	1350	1440	1530
Class III	1155	1175	1265	1355		1240	1260	1350	1440
Class IV	1055	1075	1165	1255		1170	1190	1280	1370
<u>308 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>SHW lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1725	1745	1835	1925		1800	1820	1910	2000
Master	1610	1630	1720	1810		1695	1715	1805	1895
Class I	1525	1545	1635	1725		1585	1605	1695	1785
Class II	1445	1465	1555	1645		1505	1525	1615	1705
Class III	1365	1385	1475	1565		1430	1450	1540	1630
Class IV	1290	1310	1400	1490		1350	1370	1460	1550

### Male Juniors Single Lift ELITE Classifications

<u>SQUAT</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>198</u>	<u>220</u>	<u>242</u>	<u>275</u>	<u>308</u>	<u>SHW</u>
RAW	300	320	345	375	420	465	505	535	565	590	615	650
RAW CLASSIC	320	340	365	395	440	485	525	555	585	610	635	670
SINGLE-PLY	345	370	400	430	470	510	545	580	610	630	655	685
MULTI-PLY	370	395	425	455	495	540	570	605	640	670	690	720



## MALE "TESTED" RANKING STANDARDS

<b>BENCH</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
RAW	195	215	245	275	310	335	365	385	415	440	460	475
RAW CLASSIC	195	215	245	275	310	335	365	385	415	440	460	475
SINGLE-PLY	220	235	265	295	340	375	405	435	465	490	520	530
MULTI-PLY	260	270	295	330	375	400	440	460	480	505	540	560
<b>DEADLIFT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
RAW	325	340	370	400	440	485	525	555	590	620	650	675
RAW CLASSIC	325	340	370	400	440	485	525	555	590	620	650	675
SINGLE-PLY	365	390	415	445	475	510	555	580	615	640	660	695
MULTI-PLY	390	410	440	465	500	545	585	610	650	675	695	720

## MALE SUB-MASTERS (35-39) STANDARDS

<u>114 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>123 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	820	845	930	1020		875	900	990	1075
Master	740	765	855	945		785	810	910	985
Class I	645	670	760	850		705	730	815	895
Class II	550	575	665	755		625	650	740	815
Class III	480	505	590	670		545	570	640	715
Class IV	415	440	525	605		425	450	540	630
<u>132 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>148 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	920	945	1055	1140		1015	1040	1120	1220
Master	810	835	955	1055		945	970	1045	1130
Class I	750	775	865	965		860	885	980	1050
Class II	700	725	795	860		780	805	890	960
Class III	630	655	755	815		680	705	800	870
Class IV	550	575	645	745		620	645	730	790
<u>165 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>181 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1135	1160	1250	1350		1275	1300	1375	1490
Master	1060	1085	1160	1270		1175	1200	1280	1380
Class I	980	1005	1075	1155		1105	1130	1200	1300
Class II	880	905	980	1055		1005	1030	1100	1180
Class III	820	845	915	980		950	975	1035	1100
Class IV	740	765	830	890		850	875	945	1005
<u>198 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>220 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1380	1405	1485	1595		1475	1500	1595	1700
Master	1285	1310	1390	1500		1400	1425	1510	1620
Class I	1210	1235	1315	1405		1330	1355	1430	1525
Class II	1115	1140	1215	1305		1250	1275	1340	1430
Class III	1035	1060	1145	1205		1150	1175	1260	1320
Class IV	975	950	1045	1125		1075	1100	1170	1240
<u>242 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>275 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1580	1605	1690	1800		1680	1705	1780	1890
Master	1505	1530	1605	1705		1610	1635	1695	1790
Class I	1425	1450	1525	1600		1550	1575	1630	1690
Class II	1340	1365	1445	1500		1440	1465	1520	1600
Class III	1270	1295	1340	1405		1370	1395	1455	1515
Class IV	1190	1215	1275	1345		1280	1305	1360	1420
<u>308 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>SHW lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1790	1815	1890	1980		1840	1865	1930	2020
Master	1715	1740	1800	1880		1760	1785	1845	1930
Class I	1640	1665	1725	1780		1690	1715	1770	1830
Class II	1550	1575	1650	1710		1620	1645	1715	1770



## MALE "TESTED" RANKING STANDARDS

Class III	1480	1505	1575	1650	1545	1570	1640	1700
Class IV	1400	1425	1500	1570	1475	1500	1565	1640

### Male Sub-Masters Single Lift ELITE Classifications

<b>SQUAT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
RAW	300	320	345	375	420	465	505	535	565	590	615	650
RAW CLASSIC	320	340	365	395	440	485	525	555	585	610	635	670
SINGLE-PLY	345	370	400	430	470	510	545	580	610	630	655	685
MULTI-PLY	370	395	425	455	495	540	570	605	640	670	690	720
<b>BENCH</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
RAW	195	215	245	275	310	335	365	385	415	440	460	475
RAW CLASSIC	195	215	245	275	310	335	365	385	415	440	460	475
SINGLE-PLY	220	235	265	295	340	375	405	435	465	490	520	530
MULTI-PLY	260	270	295	330	375	400	440	460	480	505	540	560
<b>DEADLIFT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
RAW	325	340	370	400	440	485	525	555	590	620	650	675
RAW CLASSIC	325	340	370	400	440	485	525	555	590	620	650	675
SINGLE-PLY	365	390	415	445	475	510	555	580	615	640	660	695
MULTI-PLY	390	410	440	465	500	545	585	610	650	675	695	720

### MALE M/P/F STANDARDS

<u>114 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>123 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	820	840	930	1020		875	895	985	1075
Master	740	760	850	940		780	800	890	980
Class I	639	659	749	839		695	715	805	895
Class II	559	579	669	759		625	645	735	825
Class III	482	502	592	682		550	570	660	750
Class IV	425	445	535	625		490	510	600	690
<u>132 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>148 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	960	980	1070	1160		1050	1070	1160	1250
Master	840	860	940	1040		900	920	1010	1100
Class I	770	790	870	970		830	850	940	1030
Class II	705	725	815	905		760	780	870	960
Class III	635	655	745	835		690	710	800	890
Class IV	555	575	665	755		625	645	735	825
<u>165 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>181 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1170	1190	1280	1370		1285	1305	1395	1485
Master	1050	1070	1160	1250		1170	1190	1280	1370
Class I	940	960	1050	1140		1060	1080	1170	1260
Class II	880	900	990	1080		985	1005	1095	1185
Class III	810	830	920	1010		925	945	1035	1125
Class IV	740	760	850	940		845	865	955	1045
<u>198 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>220 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1395	1415	1505	1595		1475	1495	1585	1675
Master	1285	1305	1395	1485		1360	1380	1470	1560
Class I	1185	1205	1295	1385		1275	1295	1385	1475
Class II	1075	1095	1185	1275		1175	1195	1285	1375
Class III	995	1015	1105	1195		1095	1115	1205	1295
Class IV	905	925	1015	1105		975	995	1085	1175
<u>242 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>275 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1570	1590	1680	1770		1650	1670	1760	1850
Master	1465	1485	1575	1665		1540	1560	1650	1740



## MALE "TESTED" RANKING STANDARDS

Class I	1345	1365	1455	1545		1435	1455	1545	1635	
Class II	1235	1255	1345	1435		1330	1350	1440	1530	
Class III	1155	1175	1265	1355		1240	1260	1350	1440	
Class IV	1055	1075	1165	1255		1170	1190	1280	1370	
<b>308 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>		<b>SHW lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	1725	1745	1835	1925		1800	1820	1910	2000	
Master	1610	1630	1720	1810		1695	1715	1805	1895	
Class I	1525	1545	1635	1725		1585	1605	1695	1785	
Class II	1445	1465	1555	1645		1505	1525	1615	1705	
Class III	1365	1385	1475	1565		1430	1450	1540	1630	
Class IV	1290	1310	1400	1490		1350	1370	1460	1550	

### Male M/P/F Single Lift ELITE Classifications

<b>SQUAT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
RAW	300	320	345	375	420	465	505	535	565	590	615	650
RAW CLASSIC	320	340	365	395	440	485	525	555	585	610	635	670
SINGLE-PLY	345	370	400	430	470	510	545	580	610	630	655	685
MULTI-PLY	370	395	425	455	495	540	570	605	640	670	690	720
<b>BENCH</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
RAW	195	215	245	275	310	335	365	385	415	440	460	475
RAW CLASSIC	195	215	245	275	310	335	365	385	415	440	460	475
SINGLE-PLY	220	235	265	295	340	375	405	435	465	490	520	530
MULTI-PLY	260	270	295	330	375	400	440	460	480	505	540	560
<b>DEADLIFT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
RAW	325	340	370	400	440	485	525	555	590	620	650	675
RAW CLASSIC	325	340	370	400	440	485	525	555	590	620	650	675
SINGLE-PLY	365	390	415	445	475	510	555	580	615	640	660	695
MULTI-PLY	390	410	440	465	500	545	585	610	650	675	695	720

## MALE MASTERS "RAW"

### 114 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	816	766	696	616	536	466	406	346	286
Master	733	683	598	548	488	408	358	298	242
Class I	648	593	528	478	438	348	328	248	202
Class II	568	523	468	418	378	308	268	208	168
Class III	508	463	428	378	338	258	208	178	138
Class IV	458	413	378	328	278	218	172	142	108

### 123 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	895	835	765	685	605	525	465	405	355
Master	815	760	695	615	545	465	415	365	305
Class I	735	680	605	545	485	415	365	315	265
Class II	655	605	525	485	425	365	315	265	215
Class III	575	530	465	415	365	315	265	215	175
Class IV	525	460	410	345	315	275	225	175	145

### 132 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	955	895	825	745	675	615	535	455	405
Master	885	815	765	670	605	545	485	405	365



## MALE "TESTED" RANKING STANDARDS

Class I	815	745	695	605	545	475	435	365	315
Class II	745	675	630	545	495	425	385	305	265
Class III	685	605	575	485	435	375	335	265	215
Class IV	595	535	505	430	385	335	295	225	175

### 148 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1040	980	910	830	750	680	610	540	480
Master	965	910	840	755	685	625	555	495	425
Class I	885	840	775	685	615	565	515	435	385
Class II	815	780	710	625	555	515	455	395	335
Class III	745	710	645	575	505	465	405	335	285
Class IV	685	650	595	525	455	415	365	305	235

### 165 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1115	1055	985	905	825	755	685	615	545
Master	1045	985	905	830	760	700	620	570	490
Class I	975	915	830	760	700	640	570	520	440
Class II	905	845	755	695	650	570	520	470	390
Class III	835	795	690	640	600	520	470	420	340
Class IV	785	735	640	590	550	470	420	370	300

### 181 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1260	1180	1110	1030	950	870	780	720	660
Master	1175	1110	1045	960	880	810	720	670	610
Class I	1095	1035	980	890	820	750	670	620	540
Class II	1025	975	910	820	760	700	610	570	490
Class III	955	905	840	760	710	650	560	520	440
Class IV	895	845	780	710	660	600	515	470	400

### 198 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	1370	1305	1210	1130	1055	985	895	805	730
Master	1315	1245	1145	1065	980	915	820	725	670
Class I	1240	1185	1070	990	920	860	750	660	620
Class II	1175	1105	1010	910	860	810	700	610	570
Class III	1105	1035	940	850	810	760	650	550	520
Class IV	1060	985	880	800	760	710	600	500	470

### 220 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1445	1385	1315	1235	1155	1065	985	915	840
Master	1370	1315	1240	1165	1085	1000	920	850	780
Class I	1295	1245	1175	1095	1020	940	870	800	730
Class II	1225	1175	1105	1025	945	890	820	745	670
Class III	1155	1115	1035	955	895	840	770	685	620
Class IV	1105	1065	965	895	835	790	720	630	570

### 242 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1530	1470	1400	1320	1200	1120	1050	990	925
Master	1465	1395	1325	1245	1125	1065	990	930	865
Class I	1395	1325	1245	1175	1055	995	940	875	810
Class II	1325	1265	1175	1105	985	935	890	825	760
Class III	1255	1195	1095	1045	925	865	830	775	710



## MALE "TESTED" RANKING STANDARDS

Class IV 1195 1135 1035 975 875 815 775 720 650

### 275 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1620	1560	1490	1410	1290	1225	1165	1115	1045
Master	1545	1485	1410	1340	1220	1155	1095	1045	975
Class I	1470	1415	1330	1270	1150	1095	1035	975	920
Class II	1395	1335	1260	1210	1080	1035	975	925	850
Class III	1325	1255	1190	1140	1020	975	925	875	800
Class IV	1265	1185	1135	1085	960	925	875	815	740

### 308 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1685	1625	1555	1475	1360	1270	1210	1155	1100
Master	1605	1555	1480	1405	1290	1195	1135	1085	1030
Class I	1535	1485	1405	1340	1225	1125	1070	1020	960
Class II	1465	1420	1335	1270	1150	1065	1015	955	905
Class III	1395	1345	1260	1215	1090	1015	950	905	845
Class IV	1330	1280	1190	1150	1030	955	900	855	800

### SHW CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1765	1705	1635	1555	1395	1325	1260	1210	1150
Master	1695	1630	1565	1485	1320	1260	1205	1150	1085
Class I	1625	1560	1495	1415	1250	1190	1140	1090	1025
Class II	1555	1490	1425	1355	1185	1130	1080	1030	965
Class III	1485	1420	1345	1280	1125	1080	1030	980	915
Class IV	1425	1360	1295	1225	1075	1030	980	930	855

## Men's Masters Raw Single Lift ELITE Classifications

<b>SQUAT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	298	325	345	370	390	430	505	525	555	585	615	650
M2-45-49	275	302	325	345	365	420	475	505	540	570	595	625
M3-50-54	248	270	294	315	345	390	445	480	515	545	570	595
M4-55-59	225	245	261	280	305	355	410	450	480	510	535	570
M5-60-64	185	210	240	255	280	320	375	420	430	455	480	495
M6-65-69	160	180	218	235	255	295	345	380	395	430	450	470
M7-70-74	139	160	182	210	230	265	310	350	370	410	430	445
M8-75-79	116	140	156	185	205	245	270	320	350	395	410	430
<b>BENCH</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	203	223	240	270	290	345	355	370	390	410	425	440
M2-45-49	193	208	223	255	275	305	335	345	365	380	405	420
M3-50-54	170	190	206	235	250	280	300	320	340	365	380	405
M4-55-59	155	170	189	215	235	265	280	305	325	350	365	380
M5-60-64	145	155	170	195	220	250	265	285	305	325	340	350
M6-65-69	130	140	155	175	205	225	250	270	285	310	320	335
M7-70-74	114	125	138	160	185	205	240	255	270	295	305	320
M8-75-79	100	110	118	140	165	190	215	235	255	280	295	305
<b>DEADLIFT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	315	347	370	400	440	465	525	550	585	625	645	675
M2-45-49	298	325	347	380	415	465	510	535	565	610	630	660
M3-50-54	278	305	325	360	390	440	465	515	545	580	605	635





## MALE "TESTED" RANKING STANDARDS

M4-55-59	236	270	295	335	365	410	445	480	515	550	575	605
M5-60-64	206	240	265	300	325	380	415	450	465	510	540	550
M6-65-69	176	205	242	270	295	350	395	425	440	485	510	520
M7-70-74	153	180	215	240	270	310	350	385	410	460	475	495
M8-75-79	130	155	181	215	245	285	320	360	385	440	450	475

## MALE MASTERS "RAW CLASSIC"

### 114 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	846	786	726	666	586	516	446	376	316
Master	773	713	658	598	518	448	378	318	262
Class I	698	633	588	528	458	388	328	248	212
Class II	628	573	528	478	388	338	278	208	178
Class III	578	523	478	428	338	288	238	178	143
Class IV	528	473	428	378	288	238	182	142	118

### 123 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	921	851	789	729	669	589	509	439	359
Master	855	790	725	665	605	529	455	385	325
Class I	785	720	655	595	530	465	395	335	285
Class II	715	655	585	525	465	400	345	285	235
Class III	655	590	535	475	415	355	295	235	185
Class IV	595	540	480	425	365	310	245	185	145

### 132 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	975	915	855	785	725	665	595	520	445
Master	905	845	785	710	655	595	525	455	395
Class I	835	775	715	645	585	525	455	385	335
Class II	765	705	650	575	525	465	395	335	285
Class III	705	645	585	525	465	415	345	285	245
Class IV	655	585	535	470	415	365	295	245	195

### 148 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	1065	1000	940	880	820	745	660	590	525
Master	995	940	880	820	760	695	610	535	465
Class I	925	870	810	745	685	625	545	475	405
Class II	855	800	740	675	615	555	475	415	345
Class III	795	740	680	615	555	495	415	355	295
Class IV	725	670	615	545	485	435	365	305	245

### 165 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	1145	1085	1025	965	890	815	740	665	615
Master	1085	1025	965	905	835	760	690	615	555
Class I	1015	955	895	845	780	710	640	565	490
Class II	945	885	825	785	720	650	580	510	435
Class III	875	825	760	725	660	590	520	450	380
Class IV	805	755	690	655	605	530	460	390	330

### 181 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	1305	1220	1165	1090	1010	950	850	770	700
Master	1225	1160	1105	1040	960	900	800	720	640



## MALE "TESTED" RANKING STANDARDS

Class I	1155	1090	1035	930	910	850	750	660	570
Class II	1085	1020	965	880	850	780	680	590	510
Class III	995	935	880	820	780	720	610	520	460
Class IV	935	875	820	770	720	660	560	470	410

### 198 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-79}	{80+}
Elite	1415	1345	1255	1175	1085	1015	925	825	745
Master	1335	1265	1185	1105	1015	945	855	745	670
Class I	1260	1195	1120	1020	940	875	780	670	620
Class II	1185	1125	1050	950	880	820	715	610	570
Class III	1125	1055	980	890	830	760	650	550	520
Class IV	1060	990	920	830	770	710	600	500	470

### 220 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1475	1415	1345	1265	1185	1105	1025	945	870
Master	1400	1345	1270	1195	1125	1040	960	870	800
Class I	1325	1275	1195	1125	1060	980	890	810	730
Class II	1255	1205	1125	1055	995	920	820	755	670
Class III	1185	1135	1065	995	935	860	770	695	620
Class IV	1125	1075	1005	935	885	800	720	640	570

### 242 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1560	1500	1430	1350	1250	1150	1050	995	930
Master	1485	1425	1365	1275	1175	1075	995	935	865
Class I	1415	1355	1295	1205	1105	1005	925	865	810
Class II	1345	1285	1225	1135	1045	945	860	815	760
Class III	1285	1225	1155	1085	985	885	810	755	710
Class IV	1225	1175	1095	1025	935	835	755	710	650

### 275 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1650	1590	1520	1440	1320	1255	1195	1145	1075
Master	1575	1515	1445	1370	1250	1185	1125	1075	1005
Class I	1515	1455	1385	1310	1190	1125	1065	1015	945
Class II	1455	1395	1320	1250	1130	1065	1005	955	880
Class III	1395	1335	1260	1190	1070	995	945	895	820
Class IV	1335	1275	1200	1130	1010	935	885	835	760

### 308 LB CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1725	1665	1595	1515	1400	1310	1250	1195	1140
Master	1655	1595	1525	1445	1330	1240	1180	1125	1070
Class I	1585	1525	1455	1375	1260	1170	1110	1055	1000
Class II	1515	1455	1385	1305	1190	1100	1040	985	930
Class III	1445	1385	1315	1235	1130	1030	980	925	870
Class IV	1395	1330	1265	1185	1080	980	930	875	820

### SHW CLASS

Age/Rank	{40-44}	{45-49}	{50-54}	{55-59}	{60-64}	{65-69}	{70-74}	{75-59}	{80+}
Elite	1805	1745	1675	1595	1465	1405	1310	1250	1190
Master	1735	1675	1605	1525	1395	1335	1240	1180	1120
Class I	1665	1605	1535	1455	1325	1265	1170	1110	1050
Class II	1595	1535	1465	1385	1255	1195	1100	1040	980
Class III	1535	1475	1405	1325	1195	1135	1040	980	920



## MALE "TESTED" RANKING STANDARDS

Class IV      1485      1425      1355      1275      1135      1085      990      930      870

### Men's Masters Raw Classic Single Lift ELITE Classifications

<b>SQUAT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	313	336	355	375	415	460	520	540	565	605	635	670
M2-45-49	285	322	335	355	390	435	490	525	550	590	615	645
M3-50-54	263	295	314	340	375	425	470	495	530	570	590	620
M4-55-59	245	267	281	320	350	400	430	465	500	535	565	595
M5-60-64	215	242	265	300	320	370	395	435	465	480	515	545
M6-65-69	185	220	248	280	295	350	370	410	425	460	480	520
M7-70-74	164	184	222	260	270	315	330	375	370	440	460	480
M8-75-79	131	159	196	225	245	275	290	340	350	420	440	460
<b>BENCH</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	203	223	240	270	290	345	355	370	390	410	425	440
M2-45-49	193	208	223	255	275	305	335	345	365	380	405	420
M3-50-54	170	190	206	235	250	280	300	320	340	365	380	405
M4-55-59	155	170	189	215	235	265	280	305	325	350	365	380
M5-60-64	145	155	170	195	220	250	265	285	305	325	340	350
M6-65-69	130	140	155	175	205	225	250	270	285	310	320	335
M7-70-74	114	125	138	160	185	205	240	255	270	295	305	320
M8-75-79	100	110	118	140	165	190	215	235	255	280	295	305
<b>DEADLIFT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	330	362	385	415	440	500	540	565	605	635	665	695
M2-45-49	308	345	357	390	420	470	520	555	585	615	645	680
M3-50-54	293	330	335	365	400	460	485	530	560	590	625	650
M4-55-59	266	292	315	345	380	425	460	495	525	555	585	620
M5-60-64	226	277	290	325	340	390	420	465	480	515	545	570
M6-65-69	201	229	262	305	315	375	395	425	440	485	520	550
M7-70-74	168	200	235	280	285	330	355	395	410	460	485	510
M8-75-79	145	170	206	245	255	305	320	370	390	445	460	485

## MALE MASTERS "SINGLE-PLY"

### Men's Masters 40-44

<b>Weight Class</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
Elite	880	940	1020	1135	1270	1365	1440	1540	1610	1680	1750	1820
Master	810	870	950	1065	1200	1295	1370	1470	1540	1610	1680	1750
Class I	740	800	880	995	1130	1225	1300	1400	1470	1540	1610	1680
Class II	670	730	810	925	1060	1155	1230	1330	1400	1470	1540	1610
Class III	600	660	740	855	990	1085	1160	1260	1330	1400	1470	1540
Class IV	500	560	640	755	890	985	1060	1160	1230	1300	1370	1440

### Men's Masters 45-49

<b>Weight Class</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
Elite	835	895	970	1090	1225	1315	1390	1490	1560	1630	1700	1765
Master	765	825	900	1020	1155	1245	1320	1420	1490	1560	1630	1695
Class I	695	755	830	950	1085	1175	1250	1350	1420	1490	1560	1625
Class II	625	685	760	880	1015	1105	1180	1280	1350	1420	1490	1555
Class III	555	615	690	810	945	1035	1110	1210	1280	1350	1420	1485
Class IV	455	515	590	710	845	935	1010	1110	1180	1250	1320	1385



## MALE "TESTED" RANKING STANDARDS

### Men's Masters 50-54

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	790	850	925	1045	1180	1265	1340	1440	1510	1580	1645	1715
Master	720	780	855	975	1110	1195	1270	1370	1440	1510	1575	1645
Class I	650	710	785	905	1040	1125	1200	1300	1370	1440	1505	1575
Class II	580	640	715	835	970	1055	1130	1230	1300	1370	1435	1505
Class III	510	570	645	765	900	985	1060	1160	1230	1300	1365	1435
Class IV	410	470	545	665	800	885	960	1060	1160	1200	1265	1335

### Men's Masters 55-59

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	745	805	880	1000	1135	1215	1260	1390	1460	1530	1590	1655
Master	675	735	810	930	1065	1145	1190	1320	1390	1460	1520	1585
Class I	605	665	740	860	995	1075	1120	1250	1320	1390	1450	1515
Class II	535	595	670	790	925	1005	1050	1180	1250	1320	1380	1445
Class III	465	525	600	720	855	935	980	1110	1180	1250	1310	1375
Class IV	365	425	500	620	755	835	880	1010	1080	1150	1210	1275

### Men's Masters 60-64

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	700	755	830	945	1070	1145	1220	1320	1390	1460	1525	1590
Master	630	685	760	875	1000	1075	1150	1250	1320	1390	1455	1520
Class I	560	615	690	805	930	1005	1080	1180	1250	1320	1385	1450
Class II	490	545	620	735	860	935	1010	1110	1180	1250	1315	1380
Class III	420	475	550	665	790	865	940	1040	1110	1180	1245	1310
Class IV	320	375	450	565	690	765	840	940	1010	1080	1145	1210

### Men's Masters 65-69

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	655	710	780	895	1015	1085	1160	1260	1330	1400	1460	1520
Master	585	640	710	825	945	1015	1090	1190	1260	1330	1390	1450
Class I	515	570	640	755	875	945	1020	1120	1190	1260	1320	1380
Class II	445	500	570	685	805	875	950	1050	1120	1190	1250	1310
Class III	375	430	500	615	735	805	880	980	1050	1120	1180	1240
Class IV	275	330	400	515	635	705	780	880	950	1020	1080	1140

### Men's Masters 70-74

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	605	655	730	845	960	1030	1100	1200	1270	1365	1400	1460
Master	535	585	660	775	890	960	1030	1130	1200	1295	1330	1390
Class I	465	515	590	705	820	890	960	1060	1130	1225	1260	1320
Class II	395	445	520	635	750	820	890	990	1060	1155	1190	1250
Class III	325	375	450	565	680	750	820	920	990	1085	1120	1180
Class IV	225	275	350	465	580	650	720	820	890	985	1020	1080

### Men's Masters 75-79

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	550	610	680	795	905	975	1045	1140	1210	1310	1340	1385
Master	480	540	610	725	835	905	975	1070	1140	1240	1270	1315
Class I	410	470	540	655	765	835	905	1000	1070	1170	1200	1245
Class II	340	400	470	585	695	765	835	930	1000	1100	1130	1175
Class III	270	330	400	515	625	695	765	860	930	1030	1060	1105
Class IV	170	230	300	415	525	595	665	760	830	930	960	1005



## MALE "TESTED" RANKING STANDARDS

### Men's Masters Single-Ply - Single Lift ELITE Classifications

<b>SQUAT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	305	325	355	395	450	480	510	545	570	595	620	655
M2-45-49	290	310	340	380	435	465	495	530	555	580	605	635
M3-50-54	275	295	325	365	420	450	480	515	540	565	590	620
M4-55-59	260	280	310	350	405	435	465	500	525	550	575	600
M5-60-64	245	260	295	330	380	410	440	475	500	525	550	575
M6-65-69	230	245	275	315	360	390	420	455	480	505	530	555
M7-70-74	215	230	255	300	340	370	400	435	460	485	510	535
M8-75-79	195	215	235	285	320	350	380	415	440	465	495	510
<b>BENCH</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	255	275	295	325	355	385	405	430	450	465	480	495
M2-45-49	240	260	280	310	340	365	385	410	430	445	460	475
M3-50-54	225	245	265	295	325	345	365	390	410	425	440	455
M4-55-59	210	230	250	280	310	325	345	370	390	405	420	435
M5-60-64	195	220	235	265	295	305	325	350	370	385	400	415
M6-65-69	180	205	220	250	280	285	305	330	350	365	380	395
M7-70-74	165	180	205	235	265	270	285	310	330	345	360	375
M8-75-79	150	165	190	220	250	255	270	290	310	325	340	355
<b>DEADLIFT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	320	340	370	415	465	500	525	565	590	620	650	670
M2-45-49	305	325	350	400	450	485	510	550	575	605	635	655
M3-50-54	290	310	335	385	435	470	495	535	560	590	615	640
M4-55-59	275	295	320	370	420	455	480	520	545	575	595	620
M5-60-64	260	275	300	350	395	430	455	495	520	550	575	600
M6-65-69	245	260	285	330	375	410	435	475	500	530	550	570
M7-70-74	225	245	270	310	355	390	415	455	480	510	530	550
M8-75-79	205	230	255	290	335	370	395	435	460	480	505	520

## MALE MASTERS "MULTI-PLY"

### Men's Masters 40-44

<b>Weight Class</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
Elite	1021	1104	1206	1349	1465	1585	1675	1760	1845	1916	1977	2043
Master	923	1018	1121	1271	1370	1475	1560	1648	1729	1807	1891	1962
Class I	844	938	1005	1157	1251	1355	1450	1525	1619	1698	1783	1858
Class II	759	850	921	1038	1152	1241	1331	1411	1520	1600	1685	1765
Class III	655	760	839	938	1049	1132	1217	1291	1406	1496	1561	1656
Class IV	561	655	730	825	914	1014	1118	1193	1300	1388	1477	1548

### Men's Masters 45-49

<b>Weight Class</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
Elite	961	1044	1146	1289	1400	1525	1615	1695	1775	1856	1907	1973
Master	873	948	1041	1161	1285	1405	1506	1588	1662	1757	1821	1892
Class I	764	848	943	1067	1181	1305	1395	1475	1559	1648	1723	1790
Class II	679	754	841	958	1052	1201	1281	1361	1460	1545	1625	1690
Class III	595	660	749	848	949	1082	1177	1251	1346	1446	1521	1586
Class IV	501	565	640	745	844	964	1078	1153	1242	1338	1417	1498

### Men's Masters 50-54

<b>Weight Class</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
Elite	901	984	1066	1229	1340	1465	1555	1635	1715	1796	1857	1913
Master	803	908	971	1121	1240	1355	1446	1538	1612	1707	1771	1832
Class I	694	798	873	1007	1131	1245	1330	1425	1519	1608	1693	1758



## MALE "TESTED" RANKING STANDARDS

Class II	609	704	781	908	1102	1131	1231	1321	1410	1500	1605	1685
Class III	535	600	689	808	969	1042	1137	1231	1306	1406	1481	1586
Class IV	451	515	600	705	854	944	1028	1123	1212	1312	1397	1478

### Men's Masters 55-59

<u>Weight Class</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>198</u>	<u>220</u>	<u>242</u>	<u>275</u>	<u>308</u>	<u>SHW</u>
Elite	851	934	1016	1179	1290	1415	1505	1585	1665	1736	1807	1863
Master	754	833	928	1098	1192	1295	1391	1480	1560	1646	1720	1790
Class I	665	744	834	988	1083	1190	1297	1381	1470	1556	1631	1716
Class II	580	660	749	884	983	1088	1183	1287	1377	1467	1547	1626
Class III	495	580	669	779	880	979	1093	1183	1283	1368	1460	1548
Class IV	426	506	581	670	765	869	990	1079	1179	1259	1364	1469

### Men's Masters 60-64

<u>Weight Class</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>198</u>	<u>220</u>	<u>242</u>	<u>275</u>	<u>308</u>	<u>SHW</u>
Elite	811	894	976	1119	1230	1355	1445	1525	1605	1686	1747	1803
Master	714	793	888	1010	1122	1251	1341	1420	1505	1580	1660	1725
Class I	620	710	804	914	1019	1143	1238	1327	1417	1497	1557	1640
Class II	540	626	705	810	914	1029	1129	1228	1314	1402	1475	1567
Class III	465	551	646	720	820	915	1020	1104	1209	1310	1385	1479
Class IV	405	472	551	626	716	815	905	1005	1109	1202	1302	1394

### Men's Masters 65-69

<u>Weight Class</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>198</u>	<u>220</u>	<u>242</u>	<u>275</u>	<u>308</u>	<u>SHW</u>
Elite	765	839	920	1039	1145	1270	1360	1440	1520	1616	1680	1742
Master	674	759	844	940	1048	1158	1255	1342	1425	1506	1596	1656
Class I	586	666	735	844	944	1044	1155	1248	1323	1407	1517	1577
Class II	517	587	640	755	839	960	1054	1143	1238	1333	1436	1499
Class III	435	510	551	660	750	875	955	1050	1140	1239	1334	1419
Class IV	360	430	486	551	655	760	850	955	1045	1145	1227	1329

### Men's Masters 70-74

<u>Weight Class</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>198</u>	<u>220</u>	<u>242</u>	<u>275</u>	<u>308</u>	<u>SHW</u>
Elite	685	758	855	975	1075	1190	1285	1380	1447	1536	1600	1671
Master	595	665	765	885	989	1083	1183	1273	1337	1432	1500	1567
Class I	515	586	670	785	884	984	1093	1173	1253	1353	1413	1483
Class II	440	510	595	690	785	879	1004	1089	1164	1264	1331	1395
Class III	387	440	521	621	710	790	890	985	1075	1169	1252	1320
Class IV	327	382	450	521	617	701	816	900	980	1050	1153	1225

### Men's Masters Multi-Ply - Single Lift ELITE Classifications

<u>SQUAT</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>198</u>	<u>220</u>	<u>242</u>	<u>275</u>	<u>308</u>	<u>SHW</u>
M1-40-44	345	375	415	465	510	550	585	620	655	680	702	725
M2-45-49	320	350	390	445	480	530	565	595	625	660	677	700
M3-50-54	300	325	360	420	465	510	545	575	605	640	662	680
M4-55-59	285	310	345	400	450	490	530	555	585	620	647	665
M5-60-64	270	300	330	380	425	470	510	535	565	600	622	645
M6-65-69	256	275	305	350	385	440	475	505	540	575	600	630
M7-70-74	225	254	285	330	360	415	455	485	517	540	570	591
<u>BENCH</u>	<u>114</u>	<u>123</u>	<u>132</u>	<u>148</u>	<u>165</u>	<u>181</u>	<u>198</u>	<u>220</u>	<u>242</u>	<u>275</u>	<u>308</u>	<u>SHW</u>
M1-40-44	300	320	345	380	405	440	465	490	515	540	555	568
M2-45-49	290	305	330	360	385	425	445	470	495	520	535	550
M3-50-54	275	290	310	345	370	410	425	450	475	500	515	530
M4-55-59	255	275	295	330	350	395	415	440	465	480	500	515
M5-60-64	240	260	285	315	335	375	395	420	445	465	485	495
M6-65-69	230	245	271	295	315	355	375	395	415	440	460	485



## MALE "TESTED" RANKING STANDARDS

M7-70-74	205	220	250	276	300	325	350	375	390	420	440	455
<b>DEADLIFT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
M1-40-44	376	409	446	504	550	595	625	650	675	696	720	750
M2-45-49	351	389	426	484	525	570	605	630	655	676	695	723
M3-50-54	326	369	396	464	505	545	585	610	635	656	680	703
M4-55-59	311	349	376	449	490	530	560	590	615	636	660	683
M5-60-64	301	334	361	424	470	510	540	570	595	621	640	663
M6-65-69	279	319	344	404	445	485	510	540	565	601	620	649
M7-70-74	255	284	320	369	415	455	480	520	550	576	590	625

## MALE YOUTH AGES 11-12 STANDARDS

<u>114 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>123 lb Class</u>	<u>RAW</u>	<u>R.C.</u>
Elite	625	650		580	605
Master	545	570		620	645
Class I	465	490		535	560
Class II	400	425		460	485
Class III	330	355		385	410
Class IV	265	290		330	355
<u>132 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>148 lb Class</u>	<u>RAW</u>	<u>R.C.</u>
Elite	740	765		785	810
Master	655	680		715	740
Class I	585	610		625	650
Class II	515	540		555	580
Class III	445	470		495	520
Class IV	375	400		435	460
<u>165 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>181 lb Class</u>	<u>RAW</u>	<u>R.C.</u>
Elite	855	880		925	950
Master	775	800		835	860
Class I	695	720		750	775
Class II	625	650		675	700
Class III	555	580		605	630
Class IV	485	510		530	555
<u>198 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>220 lb Class</u>	<u>RAW</u>	<u>R.C.</u>
Elite	1015	1040		1120	1145
Master	925	950		1035	1060
Class I	835	860		945	970
Class II	760	785		860	885
Class III	680	705		780	805
Class IV	610	635		690	715
<u>242 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>275 lb Class</u>	<u>RAW</u>	<u>R.C.</u>
Elite	1190	1215		1270	1295
Master	1090	1115		1180	1205
Class I	1010	1035		1080	1105
Class II	920	945		995	1020
Class III	840	865		915	940
Class IV	760	785		840	865
<u>308 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SHW lb Class</u>	<u>RAW</u>	<u>R.C.</u>
Elite	1345	1370		1410	1435
Master	1240	1265		1300	1325
Class I	1140	1165		1220	1245
Class II	1055	1080		1125	1150
Class III	975	1000		1040	1065



## MALE "TESTED" RANKING STANDARDS

Class IV      895      920                                  965      990

### MALE TEENAGE AGES 13-15 STANDARDS

<u>114 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>123 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	725	745	825	905	780	800	880	960	
Master	645	665	745	825	720	740	820	900	
Class I	565	585	665	745	635	655	735	815	
Class II	500	520	600	680	560	580	660	740	
Class III	430	450	530	610	485	505	585	665	
Class IV	365	385	465	545	430	450	530	610	
<u>132 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>148 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	840	860	940	1020	885	905	985	1065	
Master	755	775	855	935	815	835	915	995	
Class I	685	705	785	865	725	745	825	905	
Class II	615	635	715	795	655	675	755	835	
Class III	545	565	645	725	595	615	695	775	
Class IV	475	495	575	655	535	555	635	715	
<u>165 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>181 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	955	975	1055	1135	1025	1045	1125	1205	
Master	875	895	975	1055	935	955	1035	1115	
Class I	795	815	885	965	850	870	950	1030	
Class II	725	745	825	905	775	795	875	955	
Class III	655	675	755	835	705	725	805	885	
Class IV	585	605	685	755	630	650	730	810	
<u>198 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>220 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1115	1135	1215	1295	1220	1240	1320	1400	
Master	1025	1045	1125	1205	1135	1155	1235	1315	
Class I	935	955	1035	1115	1045	1065	1145	1225	
Class II	860	880	960	1040	960	980	1060	1140	
Class III	780	800	880	960	880	900	980	1060	
Class IV	710	730	810	890	790	810	890	970	
<u>242 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>275 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1290	1310	1390	1470	1370	1390	1470	1550	
Master	1190	1210	1290	1370	1280	1300	1380	1460	
Class I	1110	1130	1210	1290	1180	1200	1280	1360	
Class II	1020	1040	1120	1200	1095	1115	1195	1275	
Class III	940	960	1040	1120	1015	1035	1115	1195	
Class IV	860	880	960	1040	940	960	1040	1120	
<u>308 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>SHW lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	1445	1465	1545	1625	1510	1530	1610	1690	
Master	1340	1360	1440	1520	1400	1420	1500	1580	
Class I	1240	1260	1340	1420	1320	1340	1420	1500	
Class II	1155	1175	1255	1335	1225	1245	1325	1405	
Class III	1075	1095	1175	1255	1140	1160	1240	1320	
Class IV	995	1015	1095	1175	1065	1085	1165	1245	

### MALE TEENAGE AGES 16-17 STANDARDS

<u>114 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>	<u>123 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>E-SP</u>	<u>U.G.</u>
Elite	775	795	875	945	825	845	915	985	
Master	690	700	775	855	750	770	840	910	
Class I	610	630	700	780	690	710	780	850	
Class II	530	550	620	690	615	635	705	775	





## MALE "TESTED" RANKING STANDARDS

Class III	450	470	540	610		535	555	625	695
Class IV	400	420	480	540		460	480	550	620
<b>132 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>148 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	875	895	965	1030		935	955	1025	1095
Master	815	835	905	975		860	880	950	1020
Class I	730	750	820	890		790	810	880	950
Class II	650	670	740	810		735	755	825	895
Class III	585	605	675	745		660	680	750	820
Class IV	525	545	615	685		580	600	670	740
<b>165 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>181 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	1015	1035	1105	1205		1115	1135	1215	1305
Master	920	940	1010	1100		1030	1050	1130	1220
Class I	850	870	940	1020		960	980	1050	1130
Class II	785	805	875	955		865	885	965	1045
Class III	715	735	805	885		775	795	875	955
Class IV	635	655	725	795		685	705	785	865
<b>198 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>220 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	1230	1250	1330	1410		1325	1345	1425	1505
Master	1110	1130	1210	1300		1215	1235	1315	1400
Class I	1015	1035	1115	1200		1120	1140	1220	1300
Class II	915	935	1015	1100		1020	1040	1120	1200
Class III	825	845	925	1005		915	935	1015	1100
Class IV	735	755	835	915		815	835	915	1000
<b>242 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>275 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	1395	1415	1500	1585		1460	1480	1565	1645
Master	1285	1305	1385	1475		1375	1395	1475	1555
Class I	1165	1185	1270	1360		1275	1295	1375	1455
Class II	1065	1085	1165	1250		1160	1180	1260	1345
Class III	975	995	1075	1160		1045	1065	1145	1230
Class IV	890	910	990	1070		950	970	1050	1130
<b>308 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>SHW lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	1525	1545	1625	1705		1605	1625	1710	1800
Master	1415	1435	1515	1605		1505	1525	1610	1700
Class I	1305	1325	1405	1495		1400	1420	1500	1590
Class II	1210	1230	1310	1400		1305	1325	1405	1495
Class III	1090	1110	1190	1280		1200	1220	1310	1390
Class IV	995	1015	1095	1185		1100	1120	1210	1300

## MALE TEENAGE AGES 18-19 STANDARDS

<b>114 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>SP</b>	<b>MP</b>	<b>123 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	825	845	925	1015		895	915	995	1085
Master	745	765	845	925		790	810	890	980
Class I	645	665	745	825		695	715	785	865
Class II	565	585	665	745		635	655	725	805
Class III	490	510	590	670		580	600	670	750
Class IV	425	445	525	605		520	540	610	690
<b>132 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>148 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	920	940	1010	1100		980	1000	1070	1160
Master	840	860	940	1040		900	920	1010	1100
Class I	770	790	870	970		830	850	930	1030
Class II	705	725	805	905		770	790	860	960



## MALE "TESTED" RANKING STANDARDS

Class III	645	665	745	835		710	730	800	885
Class IV	595	615	700	770		655	675	735	815
<b>165 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>181 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	1080	1100	1180	1270		1205	1225	1305	1385
Master	1000	1020	1100	1190		1110	1130	1210	1290
Class I	930	950	1030	1110		1020	1040	1120	1200
Class II	850	870	950	1030		925	945	1025	1105
Class III	780	800	880	960		855	875	955	1035
Class IV	720	740	820	900		790	810	890	970
<b>198 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>220 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	1315	1335	1415	1505		1425	1445	1525	1605
Master	1225	1245	1325	1405		1340	1360	1430	1510
Class I	1135	1155	1235	1315		1260	1280	1360	1440
Class II	1045	1065	1145	1225		1170	1190	1270	1350
Class III	955	975	1055	1135		1060	1080	1160	1240
Class IV	875	895	975	1055		960	980	1060	1140
<b>242 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>275 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	1500	1520	1600	1680		1570	1590	1670	1750
Master	1410	1430	1510	1590		1480	1500	1580	1660
Class I	1320	1340	1420	1500		1400	1420	1500	1580
Class II	1225	1245	1325	1405		1300	1320	1400	1480
Class III	1135	1155	1235	1315		1210	1230	1310	1390
Class IV	1045	1055	1135	1215		1110	1130	1210	1290
<b>308 lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>	<b>SHW lb Class</b>	<b>RAW</b>	<b>R.C.</b>	<b>E-SP</b>	<b>U.G.</b>
Elite	1650	1670	1750	1830		1730	1750	1830	1910
Master	1570	1590	1670	1750		1650	1670	1750	1830
Class I	1455	1475	1555	1635		1560	1580	1660	1740
Class II	1355	1375	1455	1535		1460	1480	1560	1640
Class III	1255	1275	1355	1435		1350	1370	1450	1530
Class IV	1170	1190	1270	1350		1250	1270	1350	1430