



MALE "UNTESTED" RANKING STANDARDS

MALE "RAW" OPEN

Wt. Class	Elite	Master	Class I	Class II	Class III	Class IV
114	905	795	695	595	495	395
123	975	871	771	671	571	471
132	1070	977	877	777	677	577
148	1190	1092	992	892	792	692
165	1305	1207	1107	1007	907	807
181	1430	1336	1236	1136	1036	936
198	1535	1435	1345	1235	1135	1025
220	1635	1547	1437	1327	1207	1107
242	1740	1650	1550	1450	1340	1230
275	1830	1740	1645	1545	1445	1335
308	1910	1825	1725	1625	1525	1425
SHW	1995	1905	1785	1685	1585	1485

RAW SINGLE LIFT - ELITE Classifications

	RAW SQUAT											
Open	114	123	132	148	165	181	198	220	242	275	308	SHW
SQUAT	325	350	390	430	470	520	555	590	625	665	690	725
	RAW BENCH											
BENCH	230	250	270	310	340	375	405	435	465	490	505	525
	RAW DEADLIFT											
DEADLIFT	350	375	410	450	495	535	575	610	650	685	715	745

MALE "RAW CLASSIC" OPEN

Wt. Class	Elite	Master	Class I	Class II	Class III	Class IV
114	925	815	715	615	515	415
123	995	891	791	691	591	491
132	1090	997	897	797	697	597
148	1210	1112	1012	912	812	712
165	1325	1227	1127	1027	927	827
181	1450	1356	1256	1156	1056	956
198	1555	1435	1365	1255	1155	1045
220	1655	1567	1457	1347	1227	1127
242	1760	1670	1570	1470	1360	1250
275	1850	1760	1665	1565	1465	1355
308	1930	1845	1745	1645	1545	1445
SHW	2015	1925	1805	1705	1605	1505

RAW CLASSIC SINGLE LIFT - ELITE Classifications

	RAW SQUAT											
Open	114	123	132	148	165	181	198	220	242	275	308	SHW
SQUAT	345	370	410	450	490	540	575	610	645	685	710	745
	RAW BENCH											
BENCH	230	250	270	310	340	375	405	435	465	490	505	525
	RAW DEADLIFT											
DEADLIFT	350	375	410	450	495	535	575	610	650	685	715	745



MALE "UNTESTED" RANKING STANDARDS

MALE "SINGLE-PLY" OPEN

Wt. Class	Elite	Master	Class I	Class II	Class III	Class IV
114	995	905	825	735	625	525
123	1065	974	895	810	710	610
132	1160	1062	992	912	832	722
148	1280	1157	1077	1017	927	837
165	1405	1262	1172	1102	1022	922
181	1530	1370	1290	1200	1120	1020
198	1665	1487	1397	1307	1217	1117
220	1765	1572	1472	1382	1282	1192
242	1860	1651	1551	1451	1361	1261
275	1950	1738	1638	1538	1438	1338
308	2030	1828	1728	1618	1518	1418
SHW	2110	1915	1825	1715	1620	1520

SINGLE-PLY SINGLE LIFT - ELITE Classifications

SINGLE-PLY SQUAT

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
SQUAT	370	390	425	470	515	560	610	645	680	710	740	770

SINGLE-PLY BENCH

BENCH	250	275	305	335	370	405	440	465	490	520	540	560
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SINGLE-PLY DEADLIFT

DEADLIFT	375	400	430	475	520	565	615	655	690	720	750	780
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MALE "MULTI-PLY" OPEN

Wt. Class	Elite	Master	Class I	Class II	Class III	Class IV
114	1095	1005	925	835	745	655
123	1185	1095	1015	925	845	745
132	1292	1202	1112	1012	922	822
148	1402	1302	1202	1122	1012	922
165	1527	1407	1307	1207	1107	1007
181	1642	1502	1402	1302	1202	1102
198	1778	1608	1508	1408	1308	1208
220	1872	1702	1602	1502	1402	1302
242	1976	1806	1706	1606	1496	1396
275	2068	1868	1758	1648	1538	1438
308	2155	1945	1835	1725	1615	1515
SHW	2245	2015	1895	1795	1695	1595

MULTI-PLY SINGLE LIFT - ELITE Classifications

GEARED SQUAT

Open	114	123	132	148	165	181	198	220	242	275	308	SHW
SQUAT	410	440	475	515	560	600	655	690	725	755	785	820

GEARED BENCH

BENCH	270	300	332	362	397	432	465	490	521	550	575	600
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GEARED DEADLIFT

DEADLIFT	415	445	485	525	570	610	658	692	730	763	795	825
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MALE "UNTESTED" 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>SP</u>	<u>MP</u>
Elite	830	870	960	1050		905	945	1035	1125
Master	730	770	860	960		810	850	945	1025
Class I	630	670	760	860		695	735	855	935
Class II	540	580	660	760		625	665	765	845
Class III	450	490	590	690		550	590	675	760
Class IV	375	415	505	610		490	530	610	685
<u>132 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>148 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>
Elite	1000	1040	1130	1210		1100	1140	1230	1310
Master	910	950	1010	1090		1000	1040	1130	1210
Class I	800	840	890	970		900	940	1030	1110
Class II	700	740	815	905		800	840	940	1020
Class III	605	645	745	835		700	740	840	920
Class IV	515	555	665	755		605	645	745	830
<u>165 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>181 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>
Elite	1215	1255	1345	1425		1335	1375	1465	1545
Master	1115	1155	1240	1325		1240	1280	1360	1445
Class I	1010	1050	1140	1225		1140	1180	1260	1345
Class II	910	950	1040	1125		1045	1085	1165	1245
Class III	810	850	940	1025		945	985	1075	1155
Class IV	720	760	840	925		845	885	985	1055
<u>198 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>220 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>
Elite	1445	1485	1575	1655		1535	1575	1665	1745
Master	1345	1385	1465	1545		1430	1470	1565	1645
Class I	1235	1275	1355	1445		1335	1375	1465	1545
Class II	1115	1155	1245	1345		1235	1275	1365	1445
Class III	1005	1045	1145	1245		1125	1165	1265	1345
Class IV	905	945	1045	1145		1025	1065	1165	1245
<u>242 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>275 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>
Elite	1635	1675	1765	1845		1720	1760	1850	1930
Master	1535	1575	1655	1725		1630	1670	1750	1830
Class I	1435	1475	1555	1625		1530	1570	1650	1730
Class II	1335	1375	1455	1515		1430	1470	1550	1630
Class III	1235	1275	1355	1415		1320	1360	1450	1530
Class IV	1135	1175	1255	1315		1210	1250	1350	1430
<u>308 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>SHW lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>
Elite	1820	1860	1950	2030		1885	1925	2015	2115
Master	1715	1755	1840	1930		1785	1825	1915	2015
Class I	1615	1655	1745	1830		1685	1725	1815	1915
Class II	1505	1545	1655	1735		1565	1605	1715	1815
Class III	1405	1445	1565	1640		1460	1500	1610	1710
Class IV	1305	1345	1450	1550		1350	1390	1500	1605

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	290	315	345	380	420	475	515	540	570	610	645	660
RAW CLASSIC	330	355	385	420	460	515	555	580	610	650	685	700
SINGLE-PLY	365	390	420	455	495	540	585	615	645	675	715	735
MULTI-PLY	395	420	450	480	520	570	610	640	675	705	740	770



MALE "UNTESTED" RANKING STANDARDS

Male Juniors Single Lift ELITE Classifications (cont.)

BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
RAW	210	235	265	295	330	360	385	410	445	465	490	510
RAW CLASSIC	210	235	265	295	330	360	385	410	445	465	490	510
SINGLE-PLY	230	260	295	320	355	385	410	440	475	500	525	550
MULTI-PLY	260	290	315	350	385	415	440	465	500	525	555	590
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
RAW	330	355	390	425	465	500	545	585	620	645	685	715
RAW CLASSIC	330	355	390	425	465	500	545	585	620	645	685	715
SINGLE-PLY	365	385	415	455	495	535	580	610	645	675	710	730
MULTI-PLY	395	415	445	480	520	565	605	640	670	700	735	755

MALE M/P/F STANDARDS

114 lb Class	RAW	R.C.	SP	MP	123 lb Class	RAW	R.C.	E-SP	U.G.
Elite	850	870	950	1040		925	945	1025	1115
Master	740	760	850	940		810	830	910	990
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
132 lb Class	RAW	R.C.	E-SP	U.G.	148 lb Class	RAW	R.C.	E-SP	U.G.
Elite	1020	1040	1120	1200		1120	1140	1220	1300
Master	910	930	1010	1090		1010	1020	1100	1180
Class I	790	810	890	970		890	910	990	1070
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
165 lb Class	RAW	R.C.	E-SP	U.G.	181 lb Class	RAW	R.C.	E-SP	U.G.
Elite	1235	1255	1335	1415		1355	1375	1455	1535
Master	1120	1140	1220	1300		1250	1270	1350	1430
Class I	990	1010	1090	1170		1140	1160	1240	1320
Class II	880	900	990	1080		1025	1045	1125	1205
Class III	810	830	920	1010		925	945	1035	1125
Class IV	740	760	850	940		845	865	955	1045
198 lb Class	RAW	R.C.	E-SP	U.G.	220 lb Class	RAW	R.C.	E-SP	U.G.
Elite	1465	1485	1565	1645		1555	1575	1655	1735
Master	1345	1365	1445	1525		1450	1470	1550	1630
Class I	1235	1255	1335	1415		1345	1365	1445	1525
Class II	1115	1135	1215	1295		1235	1255	1335	1415
Class III	995	1015	1105	1195		1125	1135	1215	1295
Class IV	905	925	1015	1105		995	1015	1095	1175
242 lb Class	RAW	R.C.	E-SP	U.G.	275 lb Class	RAW	R.C.	E-SP	U.G.
Elite	1655	1675	1755	1835		1740	1760	1840	1920
Master	1545	1565	1645	1725		1640	1660	1740	1820
Class I	1445	1465	1545	1625		1535	1555	1635	1715
Class II	1335	1355	1435	1515		1420	1440	1520	1600
Class III	1225	1245	1325	1405		1310	1330	1410	1490
Class IV	1115	1135	1215	1295		1200	1220	1300	1380
308 lb Class	RAW	R.C.	E-SP	U.G.	SHW lb Class	RAW	R.C.	E-SP	U.G.
Elite	1840	1860	1940	2020		1905	1925	2005	2085



MALE "UNTESTED" RANKING STANDARDS

Master	1710	1730	1810	1890	1795	1815	1895	1975
Class I	1595	1615	1695	1775	1685	1705	1785	1865
Class II	1465	1485	1565	1645	1565	1585	1665	1745
Class III	1365	1385	1475	1565	1450	1470	1550	1630
Class IV	1290	1310	1400	1490	1350	1370	1460	1550

Male M/P/F Single Lift ELITE Classifications

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
RAW	310	335	365	400	440	495	535	560	590	630	665	680
RAW CLASSIC	330	355	385	420	460	515	555	580	610	650	685	700
SINGLE-PLY	355	380	410	445	485	530	575	605	635	665	705	725
MULTI-PLY	385	410	440	470	510	560	600	630	665	695	730	750
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
RAW	210	235	265	295	330	360	385	410	445	465	490	510
RAW CLASSIC	210	235	265	295	330	360	385	410	445	465	490	510
SINGLE-PLY	230	260	295	320	355	385	410	440	475	500	525	550
MULTI-PLY	260	290	315	350	385	415	440	465	500	525	555	580
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
RAW	330	355	390	425	465	500	545	585	620	645	685	715
RAW CLASSIC	330	355	390	425	465	500	545	585	620	645	685	715
SINGLE-PLY	365	385	415	455	495	535	580	610	645	675	710	730
MULTI-PLY	395	415	445	480	520	565	605	640	670	700	735	755

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>SP</u>	<u>MP</u>
Elite	855	890	985	1065		930	965	1050	1160
Master	750	780	870	966		810	830	910	1030
Class I	639	679	769	859		695	715	805	915
Class II	559	589	669	769		625	645	735	835
Class III	482	517	592	682		550	570	660	750
Class IV	425	465	535	625		490	510	600	690
<u>132 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>148 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>
Elite	1025	1070	1145	1250		1140	1180	1265	1370
Master	925	970	1030	1140		1040	1080	1160	1260
Class I	815	850	925	1030		930	975	1050	1150
Class II	725	765	835	925		825	865	940	1040
Class III	635	675	755	840		690	735	840	930
Class IV	575	625	695	765		625	665	755	835
<u>165 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>181 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>
Elite	1255	1300	1390	1475		1370	1415	1505	1620
Master	1140	1190	1280	1360		1260	1300	1405	1520
Class I	1040	1080	1160	1250		1160	1200	1305	1420
Class II	940	985	1065	1155		1055	1095	1195	1305
Class III	850	890	970	1060		955	995	1095	1215
Class IV	750	790	870	960		855	895	995	1120
<u>198 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>	<u>220 lb Class</u>	<u>RAW</u>	<u>R.C.</u>	<u>SP</u>	<u>MP</u>
Elite	1465	1520	1640	1745		1580	1630	1745	1845
Master	1365	1420	1545	1645		1480	1520	1640	1740
Class I	1265	1305	1435	1535		1375	1420	1540	1640
Class II	1155	1195	1325	1435		1265	1315	1435	1535



MALE "UNTESTED" RANKING STANDARDS

Class	1065	1105	1225	1325		1165	1215	1335	1435	
Class III	1065	1105	1225	1325		1165	1215	1335	1435	
Class IV	965	1005	1125	1225		1055	1095	1225	1325	
242 lb Class	RAW	R.C.	SP	MP		275 lb Class	RAW	R.C.	SP	MP
Elite	1695	1735	1845	1950		1770	1810	1930	2030	
Master	1595	1635	1745	1845		1660	1705	1820	1920	
Class I	1485	1525	1635	1735		1555	1595	1715	1815	
Class II	1375	1415	1525	1625		1445	1495	1610	1700	
Class III	1265	1310	1415	1515		1340	1390	1500	1600	
Class IV	1155	1205	1315	1415		1230	1280	1400	1500	
308 lb Class	RAW	R.C.	SP	MP		SHW lb Class	RAW	R.C.	SP	MP
Elite	1855	1895	2015	2115		1935	1980	2085	2195	
Master	1740	1785	1910	2010		1815	1860	1975	2085	
Class I	1635	1675	1805	1905		1705	1750	1865	1975	
Class II	1525	1565	1705	1805		1600	1645	1755	1855	
Class III	1415	1455	1605	1705		1495	1540	1650	1750	
Class IV	1310	1350	1500	1600		1390	1430	1540	1640	

Male Sub-Masters Single Lift ELITE Classifications

	114	123	132	148	165	181	198	220	242	275	308	SHW
SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
RAW	320	345	380	420	460	500	540	580	630	655	685	715
RAW CLASSIC	350	375	415	455	495	540	585	620	670	695	725	755
SINGLE-PLY	380	415	440	480	530	570	625	660	705	730	755	795
MULTI-PLY	410	450	490	520	555	610	665	700	745	760	790	830
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
RAW	210	235	265	300	330	365	385	420	440	460	485	510
RAW CLASSIC	210	235	265	300	330	365	385	420	440	460	485	510
SINGLE-PLY	235	260	295	325	360	395	415	455	470	495	520	540
MULTI-PLY	260	290	315	355	390	425	445	480	500	525	550	580
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
RAW	325	350	380	420	465	505	540	580	625	655	685	710
RAW CLASSIC	330	355	390	425	475	510	550	590	625	655	685	715
SINGLE-PLY	370	375	410	460	500	540	600	630	670	705	740	750
MULTI-PLY	395	420	445	495	530	585	635	665	705	745	775	785

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}	{75-59}	{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



MALE "UNTESTED" RANKING STANDARDS

132 LB CLASS

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



MALE "UNTESTED" RANKING STANDARDS

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
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

Male Masters Raw Single Lift ELITE Classifications

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1-40-44	298	325	345	370	390	440	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	235	265	310	350	370	410	430	445
M8-75-79	116	140	156	185	210	255	280	325	350	395	410	430
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1-40-44	203	223	240	270	290	335	355	370	390	410	425	440
M2-45-49	193	208	223	255	275	315	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	180	205	240	255	270	295	305	320
M8-75-79	100	110	118	140	160	180	205	230	255	280	295	305
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1-40-44	315	347	370	400	440	465	525	550	585	625	645	675



MALE "UNTESTED" RANKING STANDARDS

M2-45-49	298	325	347	380	415	455	510	535	565	610	630	660
M3-50-54	278	305	325	360	390	440	465	515	545	580	605	635
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



MALE "UNTESTED" RANKING STANDARDS

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



MALE “UNTESTED” RANKING STANDARDS

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
Class IV	1485	1425	1355	1275	1135	1085	990	930	870

Male Masters Raw Classic Single Lift ELITE Classifications**

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
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
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1-40-44	203	223	240	270	290	335	355	370	390	410	425	440
M2-45-49	193	208	223	255	275	315	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	180	205	240	255	270	295	305	320
M8-75-79	100	110	118	140	160	180	205	230	255	280	295	305
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1-40-44	315	347	370	400	440	465	525	550	585	625	645	675
M2-45-49	298	325	347	380	415	455	510	535	565	610	630	660
M3-50-54	278	305	325	360	390	440	465	515	545	580	605	635
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 “SINGLE-PLY”

Men’s Masters 40-44

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	909	1000	1093	1228	1343	1440	1532	1625	1694	1746	1823	1892
Master	863	948	1011	1151	1270	1385	1466	1548	1592	1637	1701	1762
Class I	794	858	925	1057	1181	1315	1380	1425	1499	1518	1593	1648
Class II	699	754	841	938	1072	1171	1231	1291	1320	1370	1415	1465
Class III	605	660	709	808	909	932	1007	1041	1096	1186	1231	1286
Class IV	531	575	620	705	764	814	898	933	1002	1068	1107	1138

Men’s Masters 45-49

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	867	964	1051	1184	1301	1394	1476	1578	1647	1699	1777	1846
Master	833	908	981	1101	1215	1315	1386	1458	1512	1587	1641	1702
Class I	744	808	873	987	1081	1165	1230	1305	1349	1388	1453	1498
Class II	649	704	791	858	942	1021	1081	1141	1180	1220	1275	1315
Class III	555	610	659	748	819	882	937	991	1026	1056	1151	1216
Class IV	481	525	570	645	704	764	808	853	922	988	1047	1118



MALE "UNTESTED" RANKING STANDARDS

Men's Masters 50-54

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	832	912	1000	1132	1250	1331	1413	1521	1590	1642	1725	1795
Master	783	858	931	1051	1160	1255	1336	1408	1462	1507	1571	1622
Class I	694	758	823	937	1031	1115	1180	1255	1299	1338	1403	1448
Class II	599	654	741	808	892	971	1031	1091	1130	1170	1225	1265
Class III	505	560	609	698	769	832	887	951	976	1006	1051	1086
Class IV	431	475	520	595	654	714	758	813	852	918	967	1028

Men's Masters 55-59

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	796	875	954	1097	1203	1295	1372	1475	1551	1600	1673	1743
Master	684	773	858	998	1092	1195	1261	1340	1400	1476	1530	1604
Class I	595	674	734	828	953	1007	1107	1131	1200	1296	1341	1396
Class II	530	590	629	714	813	888	983	1027	1087	1127	1177	1216
Class III	461	510	569	619	710	749	813	883	923	968	1000	1048
Class IV	406	446	481	540	595	659	694	739	799	849	884	939

Men's Masters 60-64

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	749	829	908	1038	1142	1233	1315	1423	1495	1548	1619	1688
Master	634	723	818	940	1042	1131	1201	1290	1340	1440	1489	1541
Class I	560	625	694	784	879	953	1048	1097	1147	1257	1297	1356
Class II	486	536	575	669	764	829	909	978	1044	1092	1120	1167
Class III	426	451	496	576	670	725	770	834	889	930	964	999
Class IV	356	392	441	506	566	615	665	695	759	812	852	904

Men's Masters 65-69

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	703	788	856	982	1080	1182	1253	1355	1418	1491	1557	1626
Master	594	679	744	890	988	1068	1145	1242	1297	1386	1456	1506
Class I	506	566	635	744	824	904	985	1048	1093	1207	1247	1307
Class II	447	491	520	615	719	760	864	933	988	1053	1086	1100
Class III	376	419	451	530	620	685	725	780	840	899	934	969
Class IV	322	359	386	451	530	590	630	665	705	765	807	859

Men's Masters 70-74

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	636	706	789	921	1008	1104	1186	1278	1355	1414	1484	1557
Master	555	635	705	825	939	1003	1073	1173	1237	1332	1400	1467
Class I	485	526	590	699	774	834	933	1003	1053	1153	1193	1263
Class II	406	450	485	566	665	719	814	879	924	994	1031	1065
Class III	327	370	411	481	550	610	680	725	785	839	882	924
Class IV	287	322	350	401	467	521	576	620	670	720	773	815

Men's Masters 75-79

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	570	639	723	849	931	1028	1104	1196	1268	1326	1407	1470
Master	520	595	655	805	889	960	1053	1133	1207	1262	1340	1387
Class I	485	526	590	699	774	834	933	1003	1053	1153	1193	1263
Class II	406	450	485	566	665	719	814	879	924	994	1031	1065
Class III	327	370	411	481	550	610	680	725	785	839	882	924
Class IV	287	322	350	401	467	521	576	620	670	720	773	815

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

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
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MALE “UNTESTED” RANKING STANDARDS

M1-40-44	316	345	375	435	475	510	540	575	596	615	647	670
M2-45-49	296	335	363	420	460	495	525	560	581	596	632	650
M3-50-54	281	315	345	400	440	475	505	540	566	581	612	635
M4-55-59	266	303	331	385	425	460	490	525	554	566	587	620
M5-60-64	250	280	311	365	395	440	465	510	535	553	570	597
M6-65-69	235	265	288	349	370	420	445	485	515	536	555	572
M7-70-74	215	238	265	325	345	395	420	455	485	506	535	551
M8-75-79	195	223	255	305	335	375	405	445	465	481	515	541
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1-40-44	243	270	298	325	353	380	408	435	463	480	496	512
M2-45-49	231	259	281	309	336	364	386	413	441	463	480	496
M3-50-54	226	243	265	292	320	336	358	391	419	441	463	480
M4-55-59	215	231	248	276	303	325	342	375	402	424	441	457
M5-60-64	204	220	237	259	287	303	325	353	380	397	419	441
M6-65-69	193	209	220	243	265	287	303	325	358	375	397	419
M7-70-74	176	193	204	226	243	259	281	298	325	353	369	391
M8-75-79	160	176	193	209	226	243	259	276	298	320	347	364
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
M1-40-44	350	385	420	468	515	550	575	615	635	651	680	710
M2-45-49	340	370	407	455	505	535	565	605	625	640	665	700
M3-50-54	325	354	390	440	490	520	550	590	605	620	650	680
M4-55-59	315	341	375	430	475	510	540	575	595	610	645	666
M5-60-64	295	329	360	414	460	490	525	560	580	598	630	650
M6-65-69	275	314	348	390	445	475	505	545	560	580	605	635
M7-70-74	245	275	320	370	420	450	485	525	545	555	580	615
M8-75-79	215	240	275	335	370	410	440	475	505	525	545	565

MALE MASTERS “MULTI-PLY”

Men’s Masters 40-44

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	986	1076	1192	1327	1446	1564	1656	1733	1810	1878	1957	2032
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

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	930	1026	1136	1271	1374	1498	1600	1671	1743	1816	1874	1958
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

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	874	975	1065	1215	1328	1435	1543	1615	1686	1759	1833	1907
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
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



MALE "UNTESTED" RANKING STANDARDS

Class IV 451 515 600 705 854 944 1028 1123 1212 1312 1397 1478

Men's Masters 55-59

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	839	929	1019	1169	1287	1389	1492	1564	1635	1708	1787	1861
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

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	808	893	972	1113	1231	1338	1436	1507	1584	1662	1725	1804
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

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	766	842	919	1052	1155	1267	1354	1431	1514	1600	1666	1747
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

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	700	772	858	964	1054	1170	1259	1339	1421	1488	1567	1622
Master	595	665	765	885	979	1083	1183	1263	1337	1422	1490	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 75-79

Weight Class	114	123	132	148	165	181	198	220	242	275	308	SHW
Elite	655	711	783	860	932	1025	1113	1206	1295	1378	1434	1505
Master	575	635	715	785	859	953	1043	1133	1207	1302	1370	1437
Class I	515	576	640	715	794	884	963	1053	1133	1223	1293	1353
Class II	440	510	565	630	715	809	894	979	1064	1146	1211	1278
Class III	387	440	501	571	640	740	810	895	975	1069	1142	1205
Class IV	327	382	420	501	557	651	716	790	870	950	1053	1120

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

SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW
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



MALE "UNTESTED" RANKING STANDARDS

M8-75-79	215	231	259	292	320	352	386	424	457	480	502	529
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
M1-40-44	265	292	331	358	386	419	446	463	480	502	535	557
M2-45-49	259	287	320	342	369	398	430	446	463	480	502	535
M3-50-54	248	281	309	331	358	380	413	430	446	463	491	524
M4-55-59	243	270	298	320	347	369	402	419	435	452	480	513
M5-60-64	237	259	281	309	336	358	386	402	424	441	463	496
M6-65-69	231	248	270	298	325	342	369	386	409	424	446	468
M7-70-74	220	237	259	281	303	325	347	369	386	402	424	441
M8-75-79	209	226	243	259	276	298	314	336	358	380	397	419
DEADLIFT	114	123	132	148	165	181	198	220	242	275	308	SHW
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	480	510	540	565	601	620	649
M7-70-74	255	281	314	353	391	430	457	485	518	546	573	590
M8-75-79	231	254	281	309	336	375	413	446	480	518	535	557

MALE YOUTH AGES 11-12 STANDARDS

114 lb Class	RAW	R.C.	123 lb Class	RAW	R.C.
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
132 lb Class	RAW	R.C.	148 lb Class	RAW	R.C.
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
165 lb Class	RAW	R.C.	181 lb Class	RAW	R.C.
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
198 lb Class	RAW	R.C.	220 lb Class	RAW	R.C.
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
242 lb Class	RAW	R.C.	275 lb Class	RAW	R.C.
Elite	1190	1215		1270	1295



MALE "UNTESTED" RANKING STANDARDS

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	
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



MALE "UNTESTED" RANKING STANDARDS

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
Class III	450	470	540	610		535	555	625	695
Class IV	400	420	480	540		460	480	550	620
<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	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
<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	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
<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	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
<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	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
<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	1525	1545	1625	1705		1605	1625	1710	1800
Master	1415	1435	1515	1600		1505	1525	1610	1700
Class I	1305	1325	1405	1490		1400	1420	1500	1590
Class II	1210	1230	1310	1395		1305	1325	1405	1495
Class III	1090	1110	1190	1275		1200	1220	1310	1395
Class IV	995	1015	1095	1180		1100	1120	1210	1300



MALE "UNTESTED" RANKING STANDARDS

MALE TEENAGE AGES 18-19 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	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
<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	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
Class III	645	665	745	835		710	730	800	885
Class IV	595	615	700	770		655	675	735	815
<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	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
<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	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
<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	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
<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	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