

UNEQUIPPED 3-LIFT MEN

WT CLASS	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
53	257.5	302.5					
59	280	330	387.5	330	305	280	250
66	302.5	357.5	420	357.5	332.5	302.5	270
74	327.5	387.5	455	387.5	357.5	327.5	292.5
83	350	415	487.5	415	385	352.5	312.5
93	375	442.5	520	445	410	375	335
105	400	472.5	557.5	475	437.5	402.5	357.5
120	430	507.5	595	507.5	470	430	382.5
120+	452.5	537.5	630	537.5	497.5	455	405

UNEQUIPPED 3-LIFT WOMEN

WT CLASS	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
43	147.5	197.5					
47	152.5	205	235	210	182.5	155	142.5
52	157.5	215	247.5	220	190	160	145
57	162.5	222.5	257.5	227.5	197.5	165	150
63	167.5	232.5	267.5	237.5	202.5	170	155
69	170	237.5	277.5	242.5	210	175	157.5
76	175	247.5	287.5	252.5	217.5	180	162.5
84	180	257.5	300	262.5	225	185	165
84+	185	262.5	307.5	270	230	190	167.5

EQUIPPED 3-LIFT MEN

WT CLASS	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
53	275	350					
59	305	385	425	385	327.5	302.5	275
66	335	422.5	470	422.5	360	332.5	305
74	365	460	507.5	460	392.5	362.5	332.5
83	395	500	550	497.5	425	395	362.5
93	427.5	432.5	590	535	460	425	390
105	460	577.5	635	575	495	457.5	420
120	495	622.5	682.5	620	532.5	492.5	455
120+	527.5	660	725	660	565	525	482.5

EQUIPPED 3-LIFT WOMEN

WT CLASS	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
43	172.5	222.5					
47	180	235	267.5	237.5	210	182.5	155
52	190	247.5	282.5	250	222.5	192.5	162.5
57	200	260	295	262.5	232.5	202.5	170
63	207.5	272.5	312.5	275	245	210	177.5
69	217.5	285	325	287.5	255	220	185
76	227.5	297.5	340	300	265	230	192.5
84	237.5	310	355	315	277.5	240	202.5
84+	242.5	320	365	322.5	285	245	207.5

UNEQUIPPED BENCH ONLY MEN

WT CLASS	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
53	52.5	67.5					
59	57.5	75	87.5	77.5	67.5	57.5	52.5
66	62.5	82.5	95	85	72.5	65	57.5
74	70	92.5	105	92.5	80	70	65
83	75	100	112.5	100	87.5	75	70
93	82.5	107.5	122.5	107.5	92.5	82.5	75
105	87.5	115	130	117.5	100	87.5	80
120	95	125	142.5	125	110	95	87.5
120+	100	132.5	152.5	132.5	115	100	92.5

UNEQUIPPED BENCH-ONLY WOMEN

WT CLASS	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
43	22.5	32.5					
47	25	35	40	35	30	25	22.5
52	27.5	40	42.5	40	32.5	27.5	25
57	30	42.5	47.5	42.5	35	30	27.5
63	35	47.5	52.5	47.5	40	32.5	30
69	37.5	50	55	50	42.5	35	32.5
76	40	55	60	52.5	45	37.5	35
84	42.5	57.5	65	57.5	47.5	40	37.5
84+	42.5	60	67.5	60	50	42.5	40

EQUIPPED BENCH ONLY MEN

WT CLASS	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
53	55	70					
59	62.5	82.5	95	82.5	72.5	62.5	55
66	72.5	95	107.5	92.5	82.5	72.5	62.5
74	82.5	107.5	120	105	92.5	82.5	72.5
83	92.5	120	135	117.5	105	92.5	80
93	102.5	132.5	147.5	130	115	100	90
105	112.5	145	162.5	142.5	127.5	112.5	97.5
120	125	160	180	157.5	140	122.5	107.5
120+	135	172.5	192.5	170	150	132.5	117.5

EQUIPPED BENCH-ONLY WOMEN

WT CLASS	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
43	32.5	40					
47	32.5	42.5	47.5	42.5	37.5	32.5	32.5
52	35	45	50	45	40	35	32.5
57	35	47.5	52.5	47.5	42.5	37.5	35
63	37.5	50	55	50	42.5	37.5	35
69	37.5	52.5	60	52.5	45	40	35
76	40	55	62.5	55	47.5	40	37.5
84	42.5	57.5	65	57.5	50	42.5	40
84+	42.5	60	67.5	60	50	45	40