

2025 Provincial Qualifying Totals*

CLASSIC 3-LIFT

MEN

Weight Class	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
53	267.5	330					
59	290	360	402.5	335	310	280	250
66	312.5	400	440	362.5	332.5	302.5	270
74	337.5	427.5	480	390	362.5	327.5	292.5
83	360	475	517.5	420	390	352.5	312.5
93	385	505	552.5	450	410	375	335
105	410	525	587.5	477.5	435	402.5	357.5
120	440	560	610	512.5	470	430	382.5
120+	462.5	590	630	542.5	500	455	405

CLASSIC 3-LIFT WOMEN

Weight Class	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
43	132.5	177.5					
47	147.5	197.5	235	175	142.5	125	110
52	155	215	252.5	187.5	157.5	137.5	122.5
57	170	232.5	270	200	170	147.5	132.5
63	180	255	290	215	182.5	160	142.5
69	192.5	280	310	227.5	195	170	152.5
76	200	290	327.5	242.5	205	180	162.5
84	212.5	300	345	255	215	190	170
84+	217.5	312.5	370	270	230	202.5	175

EQUIPPED 3-LIFT

MEN

Weight Class	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
53	275	350					
59	305	385	425	335	327.5	290	260
66	335	422.5	470	357.5	360	325	277.5
74	365	460	507.5	397.5	392.5	352.5	302.5
83	395	500	550	430	425	387.5	330
93	427.5	432.5	590	467.5	442.5	405	352.5
105	460	577.5	635	497.5	467.5	427.5	375
120	495	610	650	535	495	455	397.5
120+	527.5	632.5	677.5	547.5	510	467.5	405

EQUIPPED 3-LIFT WOMEN

Weight Class	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
43	140	197.5					
47	152.5	215	225	190	160	130	115
52	165	235	247.5	207.5	170	142.5	125
57	177.5	255	267.5	220	185	160	137.5
63	192.5	277.5	290	245	207.5	167.5	150
69	212.5	302.5	317.5	267.5	222.5	187.5	165
76	227.5	325	340	280	237.5	205	175
84	237.5	340	352.5	292.5	250	210	190
84+	252.5	360	365	305	265	222.5	205

SIC BENCH ONLY MEN

Weight Class	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
53	55	70					
59	60	80	87.5	70	60	55	50
66	65	87.5	95	77.5	67.5	60	55
74	72.5	100	107.5	85	72.5	65	60
83	77.5	110	117.5	95	82.5	70	65
93	85	117.5	125	100	85	72.5	70
105	90	125	132.5	105	90	77.5	75
120	97.5	130	142.5	110	95	85	77.5
120+	102.5	135	150	115	100	90	82.5

CLASSIC BENCH ONLY WOMEN

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

PED BENCH ONLY MEN

Weight Class	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
53	55	70					
59	62.5	85	95	75	65	57.5	52.5
66	72.5	97.5	102.5	85	72.5	65	57.5
74	82.5	110	115	95	80	70	62.5
83	92.5	120	127.5	105	87.5	80	70
93	102.5	125	135	110	90	82.5	75
105	112.5	135	142.5	115	95	87.5	80
120	125	140	150	120	100	92.5	82.5
120+	135	147.5	157.5	130	105	97.5	87.5

EQUIPPED BENCH ONLY WOMEN

Weight Class	SUBJR	JUNIOR	OPEN	M1	M2	M3	M4
43	25	35					
47	25	37.5	40	32.5	25	22.5	20
52	27.5	40	45	37.5	27.5	25	22.5
57	30	42.5	52.5	40	30	27.5	25
63	35	50	57.5	42.5	35	30	27.5
69	40	55	62.5	45	37.5	32.5	30
76	42.5	62.5	67.5	47.5	40	35	32.5
84	42.5	62.5	70	50	42.5	37.5	32.5
84+	45	67.5	72.5	52.5	45	40	35

*All provincial requirements must be met

Green UP
Blue DOWN