

WPC South Africa: Qualifying Standards for Nationals

OPEN	<i>Men's Raw Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	290	312.5	350	377.5	412.5	445	470	495	510	530	552.5	567.5
Squat	105	115	130	142.5	157.5	170	182.5	192.5	200	210	220	227.5
Bench	72.5	77.5	85	92.5	102.5	110	115	122.5	125	130	135	140
Deadlift	115	122.5	135	142.5	152.5	167.5	172.5	182.5	187.5	190	195	200
40-44	<i>Men's Raw Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	285	307.5	345	372.5	405	437.5	462.5	487.5	505	520	530	542.5
Squat	102.5	112.5	127.5	140	155	167.5	177.5	190	197.5	207.5	215	217.5
Bench	70	77.5	85	92.5	100	107.5	112.5	120	125	127.5	130	132.5
Deadlift	112.5	120	132.5	140	150	162.5	170	180	182.5	187.5	187.5	192.5
45-49	<i>Men's Raw Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	265	287.5	320	347.5	380	410	432.5	455	472.5	485	497.5	507.5
Squat	97.5	105	120	130	145	155	167.5	175	185	192.5	200	205
Bench	65	70	80	85	92.5	102.5	105	112.5	115	120	122.5	125
Deadlift	105	112.5	122.5	130	142.5	152.5	160	167.5	170	172.5	175	180
50-54	<i>Men's Raw Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	247.5	267.5	300	325	352.5	380	402.5	425	440	460	465	472.5
Squat	90	100	110	122.5	135	147.5	155	165	170	182.5	187.5	190
Bench	60	65	75	80	85	95	100	102.5	107.5	112.5	115	117.5
Deadlift	97.5	102.5	115	122.5	132.5	142.5	147.5	155	160	165	165	167.5
55-59	<i>Men's Raw Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	220	242.5	270	287.5	315	340	357.5	377.5	392.5	402.5	412.5	420
Squat	80	87.5	102.5	107.5	120	130	140	147.5	152.5	160	165	170
Bench	55	57.5	65	70	77.5	82.5	87.5	92.5	97.5	100	102.5	102.5
Deadlift	87.5	95	102.5	107.5	117.5	125	132.5	140	142.5	145	147.5	147.5

60-64	Men's Raw Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	192.5	210	235	255	277.5	300	315	330	342.5	352.5	362.5	370
Squat	70	77.5	87.5	95	105	115	122.5	127.5	135	140	147.5	147.5
Bench	47.5	52.5	57.5	62.5	67.5	75	77.5	80	82.5	87.5	87.5	90
Deadlift	77.5	80	90	97.5	102.5	110	117.5	122.5	125	125	127.5	130
65-69	Men's Raw Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	180	195	215	237.5	257.5	280	295	310	320	330	337.5	345
Squat	65	72.5	80	87.5	100	105	115	120	125	130	135	140
Bench	45	47.5	55	57.5	62.5	67.5	72.5	77.5	80	80	82.5	85
Deadlift	72.5	77.5	82.5	90	97.5	102.5	107.5	115	117.5	117.5	120	122.5
70-74	Men's Raw Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	167.5	182.5	200	217.5	237.5	257.5	272.5	285	297.5	305	312.5	322.5
Squat	60	67.5	75	82.5	90	100	105	110	117.5	122.5	125	127.5
Bench	40	45	50	55	57.5	62.5	67.5	70	72.5	75	77.5	80
Deadlift	65	70	77.5	82.5	90	97.5	102.5	105	107.5	110	110	112.5
75-79	Men's Raw Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	147.5	160	177.5	192.5	212.5	227.5	240	255	262.5	272.5	280	282.5
Squat	55	57.5	67.5	72.5	80	87.5	92.5	100	102.5	107.5	112.5	115
Bench	35	40	45	47.5	52.5	57.5	57.5	62.5	65	67.5	67.5	70
Deadlift	57.5	62.5	67.5	75	80	85	90	95	95	97.5	100	102.5
80+	Men's Raw Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	130	142.5	155	170	185	200	212.5	222.5	230	237.5	242.5	247.5
Squat	47.5	52.5	57.5	62.5	70	77.5	80	85	90	95	97.5	100
Bench	32.5	35	37.5	40	45	50	52.5	55	57.5	57.5	57.5	60
Deadlift	52.5	55	60	62.5	70	75	80	80	82.5	85	85	87.5

Teen 1	Men's Raw Lifting Standards											
13-15	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	190	207.5	225	245	267.5	295	317.5	340	352.5	372.5	390	400
Squat	67.5	75	80	90	100	107.5	117.5	125	130	137.5	145	147.5
Bench	45	50	55	57.5	62.5	72.5	77.5	80	85	90	95	100
Deadlift	77.5	82.5	90	97.5	105	115	125	132.5	137.5	145	150	152.5
Teen 2	Men's Raw Lifting Standards											
16-17	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	220	237.5	265	285	315	337.5	357.5	382.5	395	415	430	445
Squat	80	85	102.5	105	117.5	125	135	145	150	160	167.5	172.5
Bench	52.5	57.5	62.5	70	75	82.5	87.5	92.5	97.5	102.5	105	110
Deadlift	90	95	102.5	110	125	127.5	135	147.5	147.5	152.5	157.5	162.5
Teen 3	Men's Raw Lifting Standards											
18-19	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	250	270	302.5	325	355	382.5	405	425	440	455	475	487.5
Squat	90	100	112.5	122.5	135	147.5	155	165	172.5	180	192.5	195
Bench	60	65	75	80	87.5	95	100	102.5	107.5	112.5	117.5	120
Deadlift	100	102.5	115	125	132.5	145	147.5	157.5	160	162.5	167.5	172.5
Junior	Men's Raw Lifting Standards											
20-23	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	272.5	295	327.5	355	387.5	417.5	442.5	465	482.5	497.5	517.5	532.5
Squat	100	107.5	122.5	132.5	147.5	160	170	180	190	197.5	210	215
Bench	67.5	72.5	80	87.5	95	102.5	107.5	115	117.5	122.5	125	130
Deadlift	107.5	115	125	135	145	155	162.5	170	175	177.5	182.5	190

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OPEN	<i>Men's Equipped Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	350	375	417.5	452.5	495	535	565	595	615	635	662.5	682.5
Squat	125	135	150	167.5	180	197.5	210	222.5	230	237.5	247.5	257.5
Bench	97.5	102.5	115	125	142.5	155	167.5	177.5	185	192.5	202.5	210
Deadlift	127.5	137.5	152.5	160	172.5	182.5	190	192.5	200	202.5	212.5	215
40-44	<i>Men's Equipped Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	342.5	370	412.5	445	485	525	555	585	602.5	622.5	637.5	650
Squat	125	132.5	147.5	162.5	177.5	192.5	205	217.5	227.5	235	237.5	242.5
Bench	97.5	102.5	112.5	125	140	150	165	175	180	190	192.5	200
Deadlift	127.5	135	150	157.5	170	177.5	187.5	190	195	200	205	207.5
45-49	<i>Men's Equipped Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	320	345	382.5	417.5	455	490	520	545	567.5	582.5	597.5	607.5
Squat	115	125	137.5	152.5	167.5	182.5	192.5	205	212.5	217.5	222.5	227.5
Bench	87.5	95	105	117.5	130	142.5	152.5	165	170	177.5	182.5	187.5
Deadlift	117.5	125	140	147.5	160	167.5	172.5	177.5	185	187.5	192.5	192.5
50-54	<i>Men's Equipped Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	297.5	322.5	357.5	390	422.5	457.5	485	507.5	527.5	550	557.5	567.5
Squat	107.5	117.5	127.5	142.5	155	170	177.5	192.5	197.5	207.5	210	212.5
Bench	80	87.5	100	107.5	122.5	132.5	142.5	152.5	157.5	167.5	170	172.5
Deadlift	107.5	117.5	130	137.5	147.5	155	162.5	167.5	170	175	177.5	180
55-59	<i>Men's Equipped Lifting Standards</i>											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	265	290	325	347.5	375	407.5	430	452.5	467.5	485	492.5	505
Squat	95	105	117.5	125	137.5	150	160	170	175	180	185	190
Bench	72.5	80	90	97.5	107.5	117.5	125	135	140	147.5	150	155
Deadlift	97.5	105	120	125	132.5	140	145	147.5	152.5	155	157.5	160

60-64	Men's Equipped Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	235	252.5	282.5	305	330	357.5	377.5	397.5	412.5	425	435	442.5
Squat	82.5	90	102.5	110	122.5	132.5	140	147.5	152.5	160	162.5	167.5
Bench	65	70	77.5	85	95	102.5	112.5	120	125	130	132.5	135
Deadlift	85	92.5	102.5	107.5	117.5	122.5	125	127.5	132.5	135	140	140
65-69	Men's Equipped Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	217.5	235	260	282.5	307.5	332.5	355	372.5	385	395	405	415
Squat	80	85	95	102.5	112.5	125	130	140	145	147.5	150	155
Bench	60	65	72.5	80	87.5	97.5	105	110	115	122.5	125	127.5
Deadlift	80	85	95	102.5	107.5	112.5	120	122.5	125	125	130	130
70-74	Men's Equipped Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	202.5	217.5	240	260	285	307.5	327.5	345	355	367.5	375	385
Squat	72.5	80	87.5	97.5	102.5	115	122.5	127.5	132.5	137.5	142.5	145
Bench	57.5	60	65	75	80	90	97.5	102.5	107.5	112.5	115	120
Deadlift	75	80	87.5	92.5	102.5	105	110	112.5	117.5	117.5	120	122.5
75-79	Men's Equipped Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	177.5	192.5	215	232.5	255	275	290	305	315	327.5	332.5	340
Squat	65	70	77.5	85	92.5	102.5	107.5	115	120	122.5	125	127.5
Bench	50	55	57.5	65	72.5	80	85	92.5	95	100	102.5	105
Deadlift	65	70	80	82.5	87.5	92.5	97.5	100	102.5	102.5	105	107.5
80+	Men's Equipped Lifting Standards											
	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	157.5	170	187.5	202.5	222.5	240	255	267.5	277.5	282.5	290	297.5
Squat	57.5	60	67.5	75	80	90	95	102.5	102.5	105	107.5	110
Bench	42.5	47.5	52.5	57.5	62.5	70	75	80	82.5	87.5	87.5	92.5
Deadlift	57.5	62.5	67.5	72.5	80	80	85	87.5	90	90	92.5	95

Men's Equipped Lifting Standards												
Teen 1												
13-15	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	205	225	242.5	272.5	297.5	322.5	342.5	365	377.5	395	415	425
Squat	75	82.5	90	100	107.5	117.5	125	135	140	147.5	152.5	157.5
Bench	52.5	55	57.5	67.5	72.5	80	85	90	95	100	102.5	107.5
Deadlift	80	87.5	95	105	117.5	125	130	140	145	150	157.5	160
Teen 2												
16-17	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	255	275	302.5	330	355	390	415	437.5	452.5	470	487.5	507.5
Squat	92.5	100	110	122.5	130	145	152.5	162.5	170	175	182.5	192.5
Bench	67.5	72.5	80	87.5	97.5	105	115	122.5	125	132.5	137.5	145
Deadlift	95	102.5	112.5	122.5	127.5	140	147.5	152.5	157.5	162.5	170	172.5
Teen 3												
18-19	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	300	325	360	390	425	460	485	510	530	545	570	585
Squat	107.5	117.5	130	142.5	155	170	180	192.5	197.5	205	215	220
Bench	82.5	90	100	107.5	122.5	132.5	145	152.5	157.5	167.5	172.5	180
Deadlift	110	120	130	137.5	147.5	155	162.5	167.5	170	172.5	182.5	187.5
Junior												
20-23	52	56	60	67.5	75	82.5	90	100	110	125	140	140+
Total	327.5	352.5	395	425	465	502.5	530	557.5	577.5	597.5	620	642.5
Squat	117.5	127.5	142.5	155	170	187.5	195	210	215	222.5	235	240
Bench	90	97.5	107.5	120	132.5	147.5	157.5	167.5	172.5	182.5	190	197.5
Deadlift	120	127.5	145	150	162.5	170	177.5	182.5	187.5	192.5	197.5	202.5