

## WPC South Africa: Qualifying Standards for Nationals

OPEN	Woman's Raw Lifting Standards									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	172.5	185	200	212.5	225	247.5	262.5	285	307.5	325
<b>Squat</b>	62.5	67.5	72.5	77.5	82.5	90	100	105	115	122.5
<b>Bench</b>	40	42.5	47.5	50	52.5	55	60	65	72.5	75
<b>Deadlift</b>	70	77.5	80	85	90	100	105	115	122.5	125
40-44	Woman's Raw Lifting Standards									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	170	182.5	195	210	220	242.5	260	282.5	300	320
<b>Squat</b>	60	65	72.5	75	80	90	97.5	102.5	112.5	122.5
<b>Bench</b>	37.5	42.5	45	47.5	52.5	55	60	65	70	75
<b>Deadlift</b>	70	75	80	85	90	97.5	105	112.5	120	125
45-49	Woman's Raw Lifting Standards									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	157.5	167.5	182.5	195	205	227.5	240	262.5	282.5	297.5
<b>Squat</b>	55	60	65	70	75	82.5	90	97.5	105	112.5
<b>Bench</b>	35	37.5	42.5	45	47.5	52.5	55	60	65	67.5
<b>Deadlift</b>	65	70	75	77.5	82.5	90	95	105	110	115
50-54	Woman's Raw Lifting Standards									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	147.5	157.5	172.5	182.5	192.5	212.5	225	245	262.5	277.5
<b>Squat</b>	55	57.5	60	65	70	77.5	82.5	90	100	105
<b>Bench</b>	35	37.5	40	42.5	45	50	52.5	55	60	62.5
<b>Deadlift</b>	60	65	70	75	77.5	85	90	97.5	105	107.5
55-59	Woman's Raw Lifting Standards									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	132.5	142.5	152.5	162.5	170	190	202.5	217.5	235	247.5
<b>Squat</b>	47.5	52.5	57.5	57.5	62.5	70	75	82.5	87.5	95
<b>Bench</b>	32.5	35	35	37.5	40	42.5	47.5	50	55	55
<b>Deadlift</b>	55	57.5	62.5	65	70	77.5	82.5	87.5	92.5	97.5

<b>Woman's Raw Lifting Standards</b>										
<b>60-64</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>117.5</b>	<b>125</b>	<b>135</b>	<b>142.5</b>	<b>150</b>	<b>167.5</b>	<b>177.5</b>	<b>192.5</b>	<b>207.5</b>	<b>217.5</b>
<b>Squat</b>	<b>42.5</b>	<b>45</b>	<b>50</b>	<b>52.5</b>	<b>57.5</b>	<b>60</b>	<b>65</b>	<b>72.5</b>	<b>77.5</b>	<b>82.5</b>
<b>Bench</b>	<b>27.5</b>	<b>30</b>	<b>32.5</b>	<b>35</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>45</b>	<b>47.5</b>	<b>50</b>
<b>Deadlift</b>	<b>47.5</b>	<b>52.5</b>	<b>55</b>	<b>57.5</b>	<b>60</b>	<b>67.5</b>	<b>70</b>	<b>77.5</b>	<b>80</b>	<b>82.5</b>
<b>Woman's Raw Lifting Standards</b>										
<b>65-69</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>107.5</b>	<b>115</b>	<b>125</b>	<b>132.5</b>	<b>140</b>	<b>155</b>	<b>165</b>	<b>180</b>	<b>192.5</b>	<b>202.5</b>
<b>Squat</b>	<b>37.5</b>	<b>42.5</b>	<b>45</b>	<b>47.5</b>	<b>52.5</b>	<b>57.5</b>	<b>60</b>	<b>67.5</b>	<b>72.5</b>	<b>77.5</b>
<b>Bench</b>	<b>25</b>	<b>27.5</b>	<b>30</b>	<b>32.5</b>	<b>32.5</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>45</b>	<b>47.5</b>
<b>Deadlift</b>	<b>45</b>	<b>47.5</b>	<b>52.5</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>	<b>65</b>	<b>72.5</b>	<b>77.5</b>	<b>80</b>
<b>Woman's Raw Lifting Standards</b>										
<b>70-74</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>100</b>	<b>107.5</b>	<b>115</b>	<b>125</b>	<b>130</b>	<b>142.5</b>	<b>152.5</b>	<b>167.5</b>	<b>177.5</b>	<b>187.5</b>
<b>Squat</b>	<b>35</b>	<b>37.5</b>	<b>42.5</b>	<b>45</b>	<b>47.5</b>	<b>52.5</b>	<b>57.5</b>	<b>60</b>	<b>67.5</b>	<b>72.5</b>
<b>Bench</b>	<b>22.5</b>	<b>25</b>	<b>27.5</b>	<b>30</b>	<b>30</b>	<b>35</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>42.5</b>
<b>Deadlift</b>	<b>40</b>	<b>42.5</b>	<b>47.5</b>	<b>50</b>	<b>52.5</b>	<b>57.5</b>	<b>60</b>	<b>65</b>	<b>70</b>	<b>72.5</b>
<b>Woman's Raw Lifting Standards</b>										
<b>75-79</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>87.5</b>	<b>95</b>	<b>102.5</b>	<b>107.5</b>	<b>115</b>	<b>125</b>	<b>135</b>	<b>147.5</b>	<b>157.5</b>	<b>167.5</b>
<b>Squat</b>	<b>32.5</b>	<b>35</b>	<b>35</b>	<b>37.5</b>	<b>42.5</b>	<b>47.5</b>	<b>50</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>
<b>Bench</b>	<b>20</b>	<b>22.5</b>	<b>25</b>	<b>25</b>	<b>27.5</b>	<b>30</b>	<b>32.5</b>	<b>35</b>	<b>35</b>	<b>37.5</b>
<b>Deadlift</b>	<b>35</b>	<b>37.5</b>	<b>42.5</b>	<b>45</b>	<b>47.5</b>	<b>52.5</b>	<b>55</b>	<b>57.5</b>	<b>60</b>	<b>65</b>
<b>Woman's Raw Lifting Standards</b>										
<b>80+</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>80</b>	<b>82.5</b>	<b>90</b>	<b>95</b>	<b>102.5</b>	<b>110</b>	<b>120</b>	<b>127.5</b>	<b>140</b>	<b>147.5</b>
<b>Squat</b>	<b>27.5</b>	<b>30</b>	<b>32.5</b>	<b>35</b>	<b>35</b>	<b>40</b>	<b>45</b>	<b>47.5</b>	<b>52.5</b>	<b>57.5</b>
<b>Bench</b>	<b>17.5</b>	<b>20</b>	<b>20</b>	<b>22.5</b>	<b>22.5</b>	<b>25</b>	<b>27.5</b>	<b>30</b>	<b>32.5</b>	<b>35</b>
<b>Deadlift</b>	<b>32.5</b>	<b>35</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>45</b>	<b>47.5</b>	<b>52.5</b>	<b>55</b>	<b>57.5</b>

Teen 1 13-15	Woman's Raw Lifting Standards									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	<b>102.5</b>	<b>107.5</b>	<b>112.5</b>	<b>125</b>	<b>132.5</b>	<b>145</b>	<b>155</b>	<b>167.5</b>	<b>172.5</b>	<b>192.5</b>
<b>Squat</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>42.5</b>	<b>45</b>	<b>50</b>	<b>55</b>	<b>57.5</b>	<b>65</b>	<b>70</b>
<b>Bench</b>	<b>20</b>	<b>22.5</b>	<b>25</b>	<b>27.5</b>	<b>30</b>	<b>32.5</b>	<b>35</b>	<b>35</b>	<b>37.5</b>	<b>40</b>
<b>Deadlift</b>	<b>42.5</b>	<b>47.5</b>	<b>52.5</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>	<b>67.5</b>	<b>72.5</b>	<b>80</b>	<b>82.5</b>
Teen 2 16-17	Woman's Raw Lifting Standards									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	<b>125</b>	<b>135</b>	<b>145</b>	<b>150</b>	<b>162.5</b>	<b>175</b>	<b>190</b>	<b>200</b>	<b>222.5</b>	<b>237.5</b>
<b>Squat</b>	<b>45</b>	<b>50</b>	<b>52.5</b>	<b>55</b>	<b>57.5</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>80</b>	<b>87.5</b>
<b>Bench</b>	<b>27.5</b>	<b>30</b>	<b>32.5</b>	<b>35</b>	<b>35</b>	<b>40</b>	<b>42.5</b>	<b>45</b>	<b>50</b>	<b>52.5</b>
<b>Deadlift</b>	<b>52.5</b>	<b>57.5</b>	<b>60</b>	<b>62.5</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>85</b>	<b>92.5</b>	<b>97.5</b>
Teen 3 18-19	Woman's Raw Lifting Standards									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	<b>147.5</b>	<b>160</b>	<b>172.5</b>	<b>182.5</b>	<b>192.5</b>	<b>215</b>	<b>227.5</b>	<b>247.5</b>	<b>265</b>	<b>280</b>
<b>Squat</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>	<b>65</b>	<b>70</b>	<b>80</b>	<b>82.5</b>	<b>92.5</b>	<b>100</b>	<b>105</b>
<b>Bench</b>	<b>35</b>	<b>35</b>	<b>40</b>	<b>42.5</b>	<b>45</b>	<b>50</b>	<b>52.5</b>	<b>57.5</b>	<b>60</b>	<b>65</b>
<b>Deadlift</b>	<b>60</b>	<b>65</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>85</b>	<b>90</b>	<b>100</b>	<b>102.5</b>	<b>107.5</b>
Junior 20-23	Woman's Raw Lifting Standards									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	<b>162.5</b>	<b>172.5</b>	<b>190</b>	<b>200</b>	<b>212.5</b>	<b>232.5</b>	<b>247.5</b>	<b>270</b>	<b>287.5</b>	<b>305</b>
<b>Squat</b>	<b>57.5</b>	<b>62.5</b>	<b>67.5</b>	<b>72.5</b>	<b>77.5</b>	<b>85</b>	<b>92.5</b>	<b>100</b>	<b>107.5</b>	<b>117.5</b>
<b>Bench</b>	<b>37.5</b>	<b>40</b>	<b>42.5</b>	<b>45</b>	<b>50</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>	<b>67.5</b>	<b>70</b>
<b>Deadlift</b>	<b>67.5</b>	<b>72.5</b>	<b>77.5</b>	<b>80</b>	<b>85</b>	<b>95</b>	<b>100</b>	<b>107.5</b>	<b>112.5</b>	<b>117.5</b>

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OPEN	<i>Woman's Equipped Lifting Standards</i>									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	207.5	222.5	240	255	270	297.5	317.5	345	370	390
<b>Squat</b>	77.5	80	87.5	92.5	100	110	120	127.5	140	147.5
<b>Bench</b>	52.5	57.5	60	62.5	67.5	75	80	85	92.5	97.5
<b>Deadlift</b>	80	85	92.5	100	102.5	112.5	120	127.5	137.5	145
40-44	<i>Woman's Equipped Lifting Standards</i>									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	205	217.5	237.5	250	265	292.5	312.5	337.5	362.5	382.5
<b>Squat</b>	75	80	85	92.5	100	107.5	117.5	125	137.5	145
<b>Bench</b>	52.5	55	57.5	62.5	65	72.5	80	85	90	95
<b>Deadlift</b>	80	82.5	90	97.5	102.5	110	117.5	125	135	142.5
45-49	<i>Woman's Equipped Lifting Standards</i>									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	192.5	205	220	235	247.5	272.5	290	315	337.5	355
<b>Squat</b>	70	75	80	85	92.5	102.5	107.5	117.5	127.5	135
<b>Bench</b>	47.5	52.5	55	57.5	60	67.5	72.5	80	82.5	90
<b>Deadlift</b>	75	80	85	90	95	102.5	107.5	117.5	125	130
50-54	<i>Woman's Equipped Lifting Standards</i>									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	177.5	192.5	205	217.5	232.5	255	272.5	295	315	332.5
<b>Squat</b>	65	70	75	80	85	95	102.5	110	120	125
<b>Bench</b>	45	47.5	52.5	55	57.5	62.5	67.5	75	80	82.5
<b>Deadlift</b>	67.5	75	80	82.5	87.5	97.5	102.5	110	117.5	125
55-59	<i>Woman's Equipped Lifting Standards</i>									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	160	170	185	195	207.5	227.5	242.5	262.5	282.5	297.5
<b>Squat</b>	57.5	62.5	67.5	72.5	77.5	82.5	90	100	107.5	112.5
<b>Bench</b>	40	42.5	45	50	52.5	57.5	60	65	70	75
<b>Deadlift</b>	60	65	70	75	80	85	90	100	102.5	110

<b>Woman's Equipped Lifting Standards</b>										
<b>60-64</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>140</b>	<b>147.5</b>	<b>162.5</b>	<b>170</b>	<b>180</b>	<b>197.5</b>	<b>212.5</b>	<b>230</b>	<b>247.5</b>	<b>260</b>
<b>Squat</b>	<b>52.5</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>	<b>67.5</b>	<b>75</b>	<b>80</b>	<b>85</b>	<b>95</b>	<b>100</b>
<b>Bench</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>42.5</b>	<b>45</b>	<b>50</b>	<b>55</b>	<b>57.5</b>	<b>60</b>	<b>65</b>
<b>Deadlift</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>	<b>65</b>	<b>70</b>	<b>77.5</b>	<b>80</b>	<b>85</b>	<b>92.5</b>	<b>97.5</b>
<b>Woman's Equipped Lifting Standards</b>										
<b>65-69</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>130</b>	<b>140</b>	<b>150</b>	<b>160</b>	<b>170</b>	<b>185</b>	<b>197.5</b>	<b>215</b>	<b>230</b>	<b>242.5</b>
<b>Squat</b>	<b>47.5</b>	<b>52.5</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>87.5</b>	<b>92.5</b>
<b>Bench</b>	<b>32.5</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>42.5</b>	<b>47.5</b>	<b>50</b>	<b>55</b>	<b>57.5</b>	<b>60</b>
<b>Deadlift</b>	<b>50</b>	<b>55</b>	<b>57.5</b>	<b>60</b>	<b>62.5</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>85</b>	<b>90</b>
<b>Woman's Equipped Lifting Standards</b>										
<b>70-74</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>120</b>	<b>127.5</b>	<b>140</b>	<b>147.5</b>	<b>155</b>	<b>170</b>	<b>182.5</b>	<b>197.5</b>	<b>215</b>	<b>225</b>
<b>Squat</b>	<b>42.5</b>	<b>47.5</b>	<b>52.5</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>85</b>
<b>Bench</b>	<b>30</b>	<b>32.5</b>	<b>35</b>	<b>35</b>	<b>37.5</b>	<b>42.5</b>	<b>45</b>	<b>50</b>	<b>55</b>	<b>57.5</b>
<b>Deadlift</b>	<b>47.5</b>	<b>50</b>	<b>55</b>	<b>57.5</b>	<b>57.5</b>	<b>65</b>	<b>70</b>	<b>75</b>	<b>80</b>	<b>82.5</b>
<b>Woman's Equipped Lifting Standards</b>										
<b>75-79</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>105</b>	<b>115</b>	<b>125</b>	<b>130</b>	<b>137.5</b>	<b>152.5</b>	<b>162.5</b>	<b>175</b>	<b>190</b>	<b>200</b>
<b>Squat</b>	<b>37.5</b>	<b>42.5</b>	<b>45</b>	<b>47.5</b>	<b>52.5</b>	<b>57.5</b>	<b>60</b>	<b>65</b>	<b>72.5</b>	<b>77.5</b>
<b>Bench</b>	<b>27.5</b>	<b>30</b>	<b>32.5</b>	<b>35</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>45</b>	<b>47.5</b>	<b>50</b>
<b>Deadlift</b>	<b>40</b>	<b>45</b>	<b>47.5</b>	<b>50</b>	<b>52.5</b>	<b>57.5</b>	<b>60</b>	<b>65</b>	<b>70</b>	<b>75</b>
<b>Woman's Equipped Lifting Standards</b>										
<b>80+</b>	<b>44</b>	<b>48</b>	<b>52</b>	<b>56</b>	<b>60</b>	<b>67.5</b>	<b>75</b>	<b>82.5</b>	<b>90</b>	<b>90+</b>
<b>Total</b>	<b>92.5</b>	<b>102.5</b>	<b>107.5</b>	<b>115</b>	<b>122.5</b>	<b>132.5</b>	<b>142.5</b>	<b>155</b>	<b>167.5</b>	<b>175</b>
<b>Squat</b>	<b>35</b>	<b>35</b>	<b>37.5</b>	<b>42.5</b>	<b>45</b>	<b>50</b>	<b>55</b>	<b>57.5</b>	<b>62.5</b>	<b>65</b>
<b>Bench</b>	<b>22.5</b>	<b>25</b>	<b>27.5</b>	<b>30</b>	<b>30</b>	<b>35</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>42.5</b>
<b>Deadlift</b>	<b>35</b>	<b>37.5</b>	<b>40</b>	<b>45</b>	<b>45</b>	<b>50</b>	<b>55</b>	<b>57.5</b>	<b>60</b>	<b>65</b>

Teen 1 13-15	<b>Woman's Equipped Lifting Standards</b>									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	112.5	122.5	130	142.5	150	162.5	175	187.5	200	215
<b>Squat</b>	40	42.5	47.5	52.5	55	57.5	62.5	67.5	72.5	80
<b>Bench</b>	25	27.5	30	32.5	35	35	40	42.5	45	47.5
<b>Deadlift</b>	47.5	52.5	55	57.5	62.5	67.5	72.5	77.5	82.5	90
Teen 2 16-17	<b>Woman's Equipped Lifting Standards</b>									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	147.5	157.5	165	180	190	207.5	220	240	255	272.5
<b>Squat</b>	55	57.5	57.5	65	70	77.5	80	87.5	95	102.5
<b>Bench</b>	35	37.5	40	42.5	45	50	55	57.5	60	62.5
<b>Deadlift</b>	57.5	62.5	65	72.5	75	80	85	95	100	105
Teen 3 18-19	<b>Woman's Equipped Lifting Standards</b>									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	177.5	192.5	207.5	220	232.5	255	272.5	297.5	317.5	335
<b>Squat</b>	65	70	77.5	80	85	95	102.5	110	122.5	125
<b>Bench</b>	45	47.5	52.5	55	57.5	62.5	67.5	75	80	82.5
<b>Deadlift</b>	70	75	80	85	87.5	97.5	102.5	110	117.5	125
Junior 20-23	<b>Woman's Equipped Lifting Standards</b>									
	44	48	52	56	60	67.5	75	82.5	90	90+
<b>Total</b>	195	210	225	240	255	280	300	325	347.5	365
<b>Squat</b>	72.5	77.5	82.5	87.5	95	102.5	112.5	122.5	132.5	140
<b>Bench</b>	50	52.5	57.5	60	62.5	70	75	80	87.5	92.5
<b>Deadlift</b>	75	80	87.5	92.5	97.5	105	112.5	122.5	127.5	135