

# **WNPf CLASSIFICATION CHART**

OPEN LIFTERS MUST POST AN **ELITE** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

JUNIOR AND SUBMASTER LIFTERS MUST POST A **MASTER** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

SUBMASTER AND MASTER LIFTERS 40 PLUS MUST POST A **CLASS 1** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

TEEN 17-19 AND MASTER LIFTERS 50 PLUS MUST POST A **CLASS 2** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

TEENAGE 15-16 AND MASTER LIFTERS 60 PLUS MUST POST A **CLASS 3** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

TEENAGE 13-14 AND MASTER LIFTERS 70 PLUS MUST POST A **CLASS 4** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

YOUTH LIFTERS MUST COMPETE IN **TWO** WNPf MEETS IN 2022 AND PLACE FIRST

**FULL MEET Raw lifters**

<b>Women</b>	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	500	550	600	650	700	750	800	850	900			
ELITE	450	500	550	600	650	700	750	800	850			
MASTER	400	450	500	550	600	650	700	750	800			
CLASS 1	350	400	450	500	550	600	650	700	750			
CLASS 2	300	350	400	450	500	550	600	650	700			
CLASS 3	250	300	350	400	450	500	550	600	650			
CLASS 4	200	250	300	350	400	450	500	550	600			
<b>Men</b>	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	900	1000	1100	1200	1300	1400	1450	1500	1550	1600	1625	1650
ELITE	850	950	1050	1150	1250	1350	1400	1450	1500	1550	1575	1600
MASTER	800	900	950	1050	1150	1250	1300	1350	1400	1450	1475	1500
CLASS 1	700	800	850	950	1050	1150	1200	1250	1300	1350	1375	1400
CLASS 2	600	700	750	850	950	1050	1100	1150	1200	1250	1275	1300
CLASS 3	500	600	700	750	850	950	1050	1100	1150	1200	1250	1275
CLASS 4	400	500	600	700	750	850	950	1050	1100	1150	1200	1250

**FULL MEET Raw Classic**

<b>Women</b>	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	550	600	650	700	750	800	850	900	950			
ELITE	500	550	600	650	700	750	800	850	900			
MASTER	450	500	550	600	650	700	750	800	850			
CLASS 1	400	450	500	550	600	650	700	750	800			
CLASS 2	350	400	450	500	550	600	650	700	750			
CLASS 3	300	350	400	450	500	550	600	650	700			
CLASS 4	250	300	350	400	450	500	550	600	650			
<b>Men</b>	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	950	1050	1150	1250	1350	1450	1500	1550	1600	1650	1675	1700
ELITE	900	1000	1100	1200	1300	1400	1450	1500	1550	1600	1625	1650
MASTER	850	950	1000	1100	1200	1300	1350	1400	1450	1500	1525	1550
CLASS 1	750	850	900	1000	1100	1200	1250	1300	1350	1400	1425	1450
CLASS 2	650	750	800	900	1000	1100	1150	1200	1250	1300	1325	1350
CLASS 3	600	650	750	800	900	1000	1100	1150	1200	1250	1300	1325
CLASS 4	550	600	650	750	800	900	1000	1100	1150	1200	1250	1300

**FULL MEET Single ply lifters**

<b>Women</b>	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	600	650	700	750	800	850	900	950	1000			
ELITE	550	600	650	700	750	800	850	900	950			
MASTER	500	550	600	650	700	750	800	850	900			
CLASS 1	450	500	550	600	650	700	750	800	850			
CLASS 2	400	450	500	550	600	650	700	750	800			
CLASS 3	350	400	450	500	550	600	650	700	750			
CLASS 4	300	350	400	450	500	550	600	650	700			
<b>Men</b>	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	1000	1100	1200	1300	1400	1500	1600	1650	1700	1750	1775	1800
ELITE	900	1000	1100	1200	1300	1400	1500	1550	1600	1650	1675	1700
MASTER	800	900	1000	1100	1200	1300	1400	1450	1500	1550	1575	1600
CLASS 1	700	800	900	1000	1100	1200	1300	1350	1400	1450	1475	1500
CLASS 2	600	700	800	900	1000	1100	1200	1250	1300	1350	1375	1400
CLASS 3	500	600	700	800	900	1000	1100	1200	1250	1300	1350	1375
CLASS 4	400	500	600	700	800	900	1000	1100	1200	1250	1300	1350

**FULL MEET DOUBLE PLY LIFTERS**

<b>Women</b>	97	105	114	123	132	148	165	181	SHW			
INT. ELITE	700	750	800	850	900	950	1000	1050	1100			
ELITE	650	700	750	800	850	900	950	1000	1050			
MASTER	600	650	700	750	800	850	900	950	1000			
CLASS 1	550	600	650	700	750	800	850	900	950			
CLASS 2	500	550	600	650	700	750	800	850	900			
CLASS 3	450	500	550	600	650	700	750	800	850			
CLASS 4	400	450	500	550	600	650	700	750	800			
<b>Men</b>	114	123	132	148	165	181	198	220	242	275	300	SHW
INT. ELITE	1100	1200	1300	1400	1500	1600	1650	1700	1750	1775	1800	1900
ELITE	1000	1100	1200	1300	1400	1500	1550	1600	1650	1675	1700	1800
MASTER	900	1000	1100	1200	1300	1400	1450	1500	1550	1575	1600	1700
CLASS 1	800	900	1000	1100	1200	1300	1350	1400	1450	1475	1500	1600
CLASS 2	700	800	900	1000	1100	1200	1250	1300	1350	1375	1400	1500
CLASS 3	600	700	800	900	1000	1100	1200	1250	1300	1350	1375	1475
CLASS 4	500	600	700	800	900	1000	1100	1200	1250	1300	1350	1450

**CLASSIFICATIONS FOR SQUAT, BENCH, DEADLIFT AND CURL BELOW**

**SPECIALIST**

# SQUAT ONLY

SINGLE PLY													RAW															
SQUAT ONLY	97	105	114	123	132	148	165	181	SHW					97	105	114	123	132	148	165	181	SHW						
Women																												
INT. ELITE	220	245	270	295	320	345	370	395	420					160	185	210	235	260	285	310	335	360						
ELITE	190	215	240	265	290	315	340	365	390					140	165	190	215	240	265	290	315	340						
MASTER	160	185	210	235	260	285	310	335	360					120	145	170	195	220	245	270	295	320						
CLASS 1	140	165	190	215	240	265	290	315	340					100	125	150	175	200	225	250	275	300						
CLASS 2	120	145	170	195	220	245	270	295	320					80	105	130	155	180	205	230	255	280						
CLASS 3	100	120	145	170	195	220	245	270	295					60	80	105	130	155	180	205	230	255						
CLASS 4	80	100	120	145	170	195	220	245	270					50	60	80	105	130	155	180	205	230						
SINGLE PLY													RAW															
SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW	114	123	132	148	165	181	198	220	242	275	308	SHW				
Men																												
INT. ELITE	350	400	450	500	550	575	600	625	675	725	750	775	250	300	350	400	450	475	500	525	575	625	650	675				
ELITE	300	350	400	450	500	525	550	575	625	675	700	725	200	250	300	350	400	425	450	475	525	575	600	625				
MASTER	250	300	350	400	450	475	500	525	575	625	650	675	150	200	250	300	350	375	400	425	475	525	550	575				
CLASS 1	200	250	300	350	400	425	450	475	525	575	600	625	125	175	225	275	325	350	375	400	425	475	525	550				
CLASS 2	150	200	250	300	350	375	400	425	475	525	550	575	100	150	195	250	300	325	350	375	400	450	475	500				
CLASS 3	100	150	200	250	300	350	375	400	425	475	525	550	75	100	150	195	250	300	325	350	375	400	450	475				
CLASS 4	75	100	150	200	250	300	350	375	400	425	475	525	50	75	100	150	195	250	300	325	350	375	400	450				

# BENCH ONLY

SINGLE PLY												RAW																			
BENCH ONLY	97	105	114	123	132	148	165	181	SHW												97	105	114	123	132	148	165	181	SHW		
<b>Women</b>																															
INT. ELITE	115	125	135	145	155	175	190	205	215												85	95	105	115	125	145	160	175	185		
ELITE	85	95	105	115	125	145	160	175	185												55	65	75	85	95	115	130	145	155		
MASTER	55	65	75	85	95	115	130	145	155												45	55	65	75	85	105	120	135	145		
CLASS 1	45	55	65	75	85	105	120	135	145												35	45	55	65	75	95	110	125	135		
CLASS 2	35	45	55	65	75	95	110	125	135												25	35	45	55	65	75	95	110	125		
CLASS 3	25	35	45	55	65	75	95	110	125												15	25	35	45	55	65	75	95	110		
CLASS 4	20	25	35	45	55	65	75	95	110												10	20	25	35	45	55	65	75	95		
SINGLE PLY												RAW																			
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW	114	123	132	148	165	181	198	220	242	275	308	SHW							
<b>Men</b>																															
INT. ELITE	210	250	290	330	370	410	450	490	505	530	540	550	160	200	240	280	320	360	400	440	465	490	500	510							
ELITE	160	200	240	280	320	360	400	440	465	490	500	510	120	160	200	240	280	320	360	400	425	450	460	470							
MASTER	120	160	200	240	280	320	360	400	425	450	460	470	100	140	180	220	260	300	340	380	405	430	440	450							
CLASS 1	100	140	180	220	260	300	340	380	405	430	440	450	80	120	160	200	240	280	320	360	385	410	420	430							
CLASS 2	80	120	160	200	240	280	320	360	385	410	420	430	60	100	140	180	220	260	300	340	365	390	400	410							
CLASS 3	60	100	120	160	200	240	280	320	360	385	410	420	45	60	100	140	180	220	260	300	340	365	390	400							
CLASS 4	40	80	100	120	160	200	240	280	320	360	385	410	35	50	60	100	140	180	220	260	300	340	365	390							

## MASTERS SLINGSHOT BENCH PRESS ONLY

SLINGSHOT																				
BENCH ONLY	97	105	114	123	132	148	165	181	SHW											
<b>WOMEN</b>																				
40-49	85	95	105	115	125	145	160	175	185											
50-59	55	65	75	85	95	115	130	145	155											
60-69	45	55	65	75	85	105	120	135	145											
70-79	35	45	55	65	75	95	110	125	135											
80-89	25	35	45	55	65	75	95	110	125											
90-99	20	25	35	45	55	65	75	95	110											

<b>SLINGSHOT</b>												
<b>BENCH</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>
<b>MEN</b>												
40-49	160	200	240	280	320	360	400	440	465	490	500	510
50-59	120	160	200	240	280	320	360	400	425	450	460	470
60-69	100	140	180	220	260	300	340	380	405	430	440	450
70-79	80	120	160	200	240	280	320	360	385	410	420	430
80-89	60	100	120	160	200	240	280	320	360	385	410	420
90-99	40	80	100	120	160	200	240	280	320	360	385	410



## DEADLIFT ONLY

<b>EQUIPPED</b>													<b>RAW</b>												
<b>DEADLIFT ONLY</b>	97	105	114	123	132	148	165	181	SHW					97	105	114	123	132	148	165	181	SHW			
<b>Women</b>																									
INT. ELITE	200	230	260	290	320	350	370	385	400					180	210	240	270	300	330	350	365	390			
ELITE	180	210	240	270	300	330	350	365	390					160	190	220	250	280	310	330	345	370			
MASTER	160	190	220	250	280	310	330	345	370					140	170	200	230	260	290	310	325	350			
CLASS 1	140	170	200	230	260	290	310	325	350					120	150	180	210	240	270	290	305	330			
CLASS 2	120	150	180	210	240	270	290	305	330					100	130	160	190	220	250	270	285	310			
CLASS 3	100	130	150	180	210	240	270	290	305					80	100	130	160	190	220	250	270	285			
CLASS 4	80	110	120	150	180	210	240	270	290					60	80	100	130	160	190	220	250	270			
<b>EQUIPPED</b>													<b>RAW</b>												
<b>DEADLIFT</b>	114	123	132	148	165	181	198	220	242	275	308	SHW	114	123	132	148	165	181	198	220	242	275	308	SHW	
<b>Men</b>																									
INT. ELITE	350	400	450	510	570	600	630	640	680	700	705	710	310	360	410	480	530	560	590	600	640	660	665	670	
ELITE	310	360	410	480	530	560	590	600	640	660	665	670	280	320	370	440	490	520	550	560	600	620	625	630	
MASTER	280	320	370	440	490	520	550	560	600	620	625	630	260	300	350	420	470	500	530	540	580	600	605	610	
CLASS 1	260	300	350	420	470	500	530	540	580	600	605	610	240	280	330	400	450	480	510	520	560	580	585	590	
CLASS 2	240	280	330	400	450	480	510	520	560	580	585	590	220	260	310	380	430	460	490	500	540	560	565	570	
CLASS 3	220	240	280	330	400	450	480	510	520	560	580	585	200	220	260	310	380	430	460	490	500	540	560	565	
CLASS 4	200	220	240	280	330	400	450	480	510	520	560	580	180	200	220	260	310	380	430	460	490	500	540	560	



# POWERCURL

<b>POWER CURL</b>																	<b>97</b>	<b>105</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>SHW</b>						
<b>Women</b>																															
INT. ELITE																	65	75	80	85	90	95	100	105	115						
ELITE																	60	65	70	75	80	85	90	95	105						
MASTER																	50	55	60	65	70	75	80	85	95						
CLASS 1																	40	45	50	55	60	65	70	75	85						
CLASS 2																	30	35	40	45	50	55	60	65	75						
CLASS 3																	20	25	30	35	40	45	50	55	65						
CLASS 4																	20	20	20	25	30	35	40	45	55						
<b>POWER CURL</b>																	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>			
<b>Men</b>																	110	120	130	140	150	170	180	190	200	205	210	220			
INT. ELITE																	100	110	115	125	140	160	165	170	175	180	185	190			
ELITE																	95	105	110	120	135	155	160	165	170	175	180	185			
MASTER																	90	100	105	115	130	145	155	160	165	170	175	180			
CLASS 1																	85	95	100	110	125	140	150	155	160	165	170	175			
CLASS 2																	75	85	90	100	115	130	140	145	150	155	160	165			
CLASS 3																	65	75	80	90	105	120	130	135	140	145	150	155			
CLASS 4																	55	65	70	80	95	110	120	125	130	135	140	145			

# DOUBLE PLY (SQUAT AND BENCH) LIFTERS

<b>SQUAT ONLY</b>	<b>97</b>	<b>105</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>SHW</b>									
<b>Women</b>																		
INT. ELITE	270	295	320	345	370	395	420	445	470									
ELITE	240	265	290	315	340	365	390	425	450									
MASTER	210	235	260	285	310	335	360	385	410									
CLASS 1	190	215	240	265	290	315	340	365	390									
CLASS 2	170	195	220	245	270	295	320	355	370									
CLASS 3	145	170	195	220	245	270	295	320	350									
CLASS 4	120	145	170	195	220	245	270	295	330									
<b>DOUBLE PLY</b>																		
<b>SQUAT</b>	<b>114</b>	<b>123</b>	<b>132</b>	<b>148</b>	<b>165</b>	<b>181</b>	<b>198</b>	<b>220</b>	<b>242</b>	<b>275</b>	<b>308</b>	<b>SHW</b>						
<b>Men</b>																		

