

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 MUST POST A **CLASS 4** TOTAL OR SINGLE LIFT TO QUALIFY FOR WORLDS OR COMPETE IN TWO WNPf MEETS IN 2022 AND PLACE FIRST

ALL MASTERS 70 PLUS MUST COMPETE IN ONE 2022 WNPf EVENT AND **PLACE FIRST** IN YOUR DIVISION!!!!

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

FULL MEET Raw lifters

Women	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			
Men	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

Women	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			
Men	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

Women	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			
Men	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

Women	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			
Men	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

80-89	25	35	45	55	65	75	95	110	125			
90-99	20	25	35	45	55	65	75	95	110			
SLINGSHOT												
BENCH	114	123	132	148	165	181	198	220	242	275	308	SHW
MEN												
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

EQUIPPED													RAW													
DEADLIFT ONLY	97	105	114	123	132	148	165	181	SHW					97	105	114	123	132	148	165	181	SHW				
Women																										
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				
EQUIPPED													RAW													
DEADLIFT	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	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

POWER CURL	97	105	114	123	132	148	165	181	SHW				
Women													
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				
POWER CURL	114	123	132	148	165	181	198	220	242	275	308	SHW	
Men	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

SQUAT ONLY	97	105	114	123	132	148	165	181	SHW				
Women													
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				
DOUBLE PLY													
SQUAT	114	123	132	148	165	181	198	220	242	275	308	SHW	

