

## Sub Junior & Junior Women - Classic 3 Lift

Weight Class	Sub Junior World	Sub Junior Regional	Junior World	Junior Regional
<b>43</b>	200	192.5	257.5	250
<b>47</b>	245	237.5	312.5	302.5
<b>52</b>	290	280	352.5	342.5
<b>57</b>	322.5	310	387.5	372.5
<b>63</b>	340	332.5	425	410
<b>69</b>	355	347.5	440	425
<b>76</b>	367.5	360	452.5	435
<b>84</b>	380	372.5	465	447.5
<b>84+</b>	422.5	405	482.5	465

## Sub Junior & Junior Men - Classic 3 Lift

Weight Class	Sub Junior World	Sub Junior Regional	Junior World	Junior Regional
<b>53</b>	375	362.5	397.5	385
<b>59</b>	427.5	412.5	505	487.5
<b>66</b>	492.5	472.5	577.5	557.5
<b>74</b>	545	525	625	602.5
<b>83</b>	590	567.5	682.5	657.5
<b>93</b>	615	592.5	725	700
<b>105</b>	637.5	615	752.5	725
<b>120</b>	655	632.5	802.5	775
<b>120+</b>	670	655	837.5	810



## Open & Masters Women - Classic 3 Lift

Weight Class	Open World	Open Regional	M1 World	M1 Regional	M2 World	M2 Regional	M3 World	M3 Regional	M4 All*
<b>47</b>	365	352.5	252.5	240	232.5	225	202.5	197.5	Any Total
<b>52</b>	400	385	290	280	275	267.5	230	222.5	Any Total
<b>57</b>	437.5	422.5	315	305	300	290	247.5	240	Any Total
<b>63</b>	475	460	362.5	350	335	325	265	257.5	Any Total
<b>69</b>	485	467.5	375	362.5	350	340	277.5	270	Any Total
<b>76</b>	510	495	400	385	360	350	292.5	282.5	Any Total
<b>84</b>	530	510	430	415	370	360	302.5	292.5	Any Total
<b>84+</b>	612.5	590	470	455	380	367.5	310	300	Any Total

\*M4 All refers to all world and regional competitions.

## Open & Masters Men - Classic 3 Lift

Weight Class	Open World	Open Regional	M1 World	M1 Regional	M2 World	M2 Regional	M3 World	M3 Regional	M4 All*
<b>59</b>	555	537.5	415	400	395	382.5	352.5	342.5	Any Total
<b>66</b>	617.5	597.5	450	432.5	427.5	415	395	382.5	Any Total
<b>74</b>	700	675	527.5	510	500	485	440	427.5	Any Total
<b>83</b>	720	695	590	570	560	542.5	475	460	Any Total
<b>93</b>	780	752.5	625	602.5	595	577.5	502.5	487.5	Any Total
<b>105</b>	812.5	785	662.5	640	630	610	522.5	507.5	Any Total
<b>120</b>	827.5	800	682.5	657.5	647.5	627.5	545	527.5	Any Total
<b>120+</b>	910	880	715	690	680	660	567.5	550	Any Total

\*M4 All refers to all world and regional competitions.

## Sub Junior & Junior Women - Classic Bench Press Only

Weight Class	Sub Junior World	Sub Junior Regional	Junior World	Junior Regional
<b>43</b>	42.5	40	50	47.5
<b>47</b>	50	47.5	55	52.5
<b>52</b>	55	52.5	60	57.5
<b>57</b>	60	57.5	65	62.5
<b>63</b>	62.5	60	70	65
<b>69</b>	65	62.5	75	70
<b>76</b>	72.5	67.5	82.5	77.5
<b>84</b>	77.5	72.5	87.5	82.5
<b>84+</b>	90	85	97.5	92.5

## Sub Junior & Junior Men - Classic Bench Press Only

Weight Class	Sub Junior World	Sub Junior Regional	Junior World	Junior Regional
<b>53</b>	92.5	87.5	105	97.5
<b>59</b>	105	100	117.5	110
<b>66</b>	117.5	110	130	122.5
<b>74</b>	120	112.5	135	127.5
<b>83</b>	132.5	125	145	137.5
<b>93</b>	137.5	130	152.5	142.5
<b>105</b>	147.5	137.5	165	155
<b>120</b>	155	145	172.5	162.5
<b>120+</b>	167.5	157.5	185	175



## Open & Masters Women - Classic Bench Press Only

Weight Class	Open World	Open Regional	M1 World	M1 Regional	M2 World	M2 Regional	M3 All*	M4 All*
<b>47</b>	60	57.5	50	47.5	42.5	40	Any Total	Any Total
<b>52</b>	65	62.5	52.5	50	45	42.5	Any Total	Any Total
<b>57</b>	72.5	67.5	57.5	55	52.5	50	Any Total	Any Total
<b>63</b>	77.5	72.5	62.5	60	57.5	55	Any Total	Any Total
<b>69</b>	82.5	77.5	65	62.5	60	57.5	Any Total	Any Total
<b>76</b>	90	85	72.5	67.5	65	62.5	Any Total	Any Total
<b>84</b>	95	90	75	70	70	65	Any Total	Any Total
<b>84+</b>	105	100	85	80	77.5	72.5	Any Total	Any Total

\*M4 All & M3 All refers to all world and regional competitions.

## Open & Masters Men - Classic Bench Press Only

Weight Class	Open World	Open Regional	M1 World	M1 Regional	M2 World	M2 Regional	M3 All*	M4 All*
<b>59</b>	132.5	125	105	100	97.5	92.5	Any Total	Any Total
<b>66</b>	145	137.5	115	110	105	100	Any Total	Any Total
<b>74</b>	150	142.5	120	115	110	105	Any Total	Any Total
<b>83</b>	160	152.5	130	122.5	115	110	Any Total	Any Total
<b>93</b>	170	160	135	127.5	120	112.5	Any Total	Any Total
<b>105</b>	182.5	172.5	145	137.5	130	122.5	Any Total	Any Total
<b>120</b>	192.5	180	155	145	137.5	130	Any Total	Any Total
<b>120+</b>	205	192.5	165	152.5	147.5	137.5	Any Total	Any Total

\*M4 All & M3 All refers to all world and regional competitions.



**Sub Junior & Junior Women - Equipped 3 Lift**

Weight Class	Sub Junior World	Sub Junior Regional	Junior World	Junior Regional
<b>43</b>	212.5	207.5	242.5	230
<b>47</b>	225	217.5	257.5	245
<b>52</b>	245	235	280	270
<b>57</b>	260	252.5	300	287.5
<b>63</b>	282.5	272.5	325	310
<b>69</b>	310	300	355	340
<b>76</b>	342.5	330	392.5	375
<b>84</b>	355	342.5	407.5	390
<b>84+</b>	370	360	422.5	407.5

**Sub Junior & Junior Men - Equipped 3 Lift**

Weight Class	Sub Junior World	Sub Junior Regional	Junior World	Junior Regional
<b>53</b>	355	342.5	400	385
<b>59</b>	392.5	385	447.5	430
<b>66</b>	432.5	422.5	492.5	470
<b>74</b>	472.5	457.5	537.5	520
<b>83</b>	512.5	495	582.5	560
<b>93</b>	540	525	615	590
<b>105</b>	570	555	650	625
<b>120</b>	590	570	675	640
<b>120+</b>	617.5	595	705	680



## Open & Masters Women - Equipped 3 Lift

Weight Class	Open World	Open Regional	M1 World	M1 Regional	M2 World	M2 Regional	M3 All*	M4 All*
<b>47</b>	287.5	275	222.5	215	202.5	195	Any Total	Any Total
<b>52</b>	310	297.5	242.5	235	217.5	210	Any Total	Any Total
<b>57</b>	332.5	320	260	250	232.5	225	Any Total	Any Total
<b>63</b>	360	347.5	280	270	250	242.5	Any Total	Any Total
<b>69</b>	395	375	307.5	300	277.5	265	Any Total	Any Total
<b>76</b>	435	420	340	327.5	307.5	295	Any Total	Any Total
<b>84</b>	452.5	435	355	342.5	320	307.5	Any Total	Any Total
<b>84+</b>	470	452.5	365	352.5	330	317.5	Any Total	Any Total

\*M4 All & M3 All refers to all world and regional competitions.

## Open & Masters Men - Equipped 3 Lift

Weight Class	Open World	Open Regional	M1 World	M1 Regional	M2 World	M2 Regional	M3 All*	M4 All*
<b>59</b>	500	480	387.5	375	350	337.5	Any Total	Any Total
<b>66</b>	547.5	527.5	427.5	415	385	370	Any Total	Any Total
<b>74</b>	600	575	465	450	420	405	Any Total	Any Total
<b>83</b>	647.5	625	505	492.5	452.5	437.5	Any Total	Any Total
<b>93</b>	685	660	535	520	480	467.5	Any Total	Any Total
<b>105</b>	722.5	700	560	545	505	487.5	Any Total	Any Total
<b>120</b>	750	720	582.5	565	522.5	505	Any Total	Any Total
<b>120+</b>	782.5	750	610	587.5	550	530	Any Total	Any Total

\*M4 All & M3 All refers to all world and regional competitions.



Sub Junior & Junior Women - Equipped Bench Press Only

Weight Class	Sub Junior World	Sub Junior Regional	Junior World	Junior Regional
<b>43</b>	52.5	50	57.5	55
<b>47</b>	57.5	55	62.5	60
<b>52</b>	60	57.5	65	62.5
<b>57</b>	65	62.5	72.5	67.5
<b>63</b>	70	65	77.5	72.5
<b>69</b>	77.5	72.5	85	80
<b>76</b>	82.5	80	90	85
<b>84</b>	87.5	85	95	90
<b>84+</b>	92.5	87.5	105	100

Sub Junior & Junior Men - Equipped Bench Press Only

Weight Class	Sub Junior World	Sub Junior Regional	Junior World	Junior Regional
<b>53</b>	110	102.5	120	112.5
<b>59</b>	120	112.5	132.5	125
<b>66</b>	130	122.5	145	135
<b>74</b>	145	135	157.5	147.5
<b>83</b>	152.5	142.5	170	160
<b>93</b>	160	152.5	180	170
<b>105</b>	172.5	162.5	192.5	182.5
<b>120</b>	180	170	200	190
<b>120+</b>	192.5	180	212.5	200



## Open & Masters Women - Equipped Bench Press Only

Weight Class	Open World	Open Regional	M1 World	M1 Regional	M2 World	M2 Regional	M3 All*	M4 All*
<b>47</b>	70	65	55	52.5	50	47.5	Any Total	Any Total
<b>52</b>	75	70	60	57.5	55	52.5	Any Total	Any Total
<b>57</b>	80	75	62.5	60	57.5	55	Any Total	Any Total
<b>63</b>	85	80	70	65	62.5	60	Any Total	Any Total
<b>69</b>	95	90	77.5	72.5	70	65	Any Total	Any Total
<b>76</b>	100	95	80	75	72.5	67.5	Any Total	Any Total
<b>84</b>	105	100	85	80	77.5	72.5	Any Total	Any Total
<b>84+</b>	115	107.5	92.5	87.5	82.5	77.5	Any Total	Any Total

\*M4 All & M3 All refers to all world and regional competitions.

## Open & Masters Men - Equipped Bench Press Only

Weight Class	Open World	Open Regional	M1 World	M1 Regional	M2 World	M2 Regional	M3 All*	M4 All*
<b>59</b>	147.5	137.5	117.5	110	105	100	Any Total	Any Total
<b>66</b>	160	150	130	122.5	117.5	110	Any Total	Any Total
<b>74</b>	175	165	140	130	127.5	120	Any Total	Any Total
<b>83</b>	190	180	152.5	142.5	137.5	130	Any Total	Any Total
<b>93</b>	200	187.5	160	150	145	135	Any Total	Any Total
<b>105</b>	212.5	200	170	160	152.5	145	Any Total	Any Total
<b>120</b>	220	207.5	177.5	167.5	160	150	Any Total	Any Total
<b>120+</b>	235	220	190	180	170	160	Any Total	Any Total

\*M4 All & M3 All refers to all world and regional competitions.