

**Nationals Qualifying Standards  
Required to lift at CPU National Championships**

**Men's Classic National**

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	440	482	527.5	570	605	635	662.5	677.5
Sub-Junior	285	317.5	350	382.5	412.5	437.5	460	480	490
Junior	337.5	375	415	452.5	487.5	517.5	545	565	580
Master I	-	375	415	452.5	487.5	517.5	545	565	580
Master II	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master III	-	317.5	350	382.5	412.5	437.5	460	480	490
Master IV	-	282.5	312.5	340	367.5	390	410	427.5	432.5

**Men's Equipped National**

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	485	535	585	630	670	702.5	730	750
Sub-Junior	312.5	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Junior	395	440	485	527.5	570	605	635	662.5	677.5
Master I	-	440	485	527.5	570	605	635	662.5	677.5
Master II	-	375	415	452.5	487.5	517.5	545	565	580
Master III	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master IV	-	317.5	350	382.5	412.5	437.5	460	480	490

**Men's Classic Bench Only National**

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	97.5	107.5	120	130	137.5	145	150	157.5
Sub-Junior	55	65	72.5	77.5	87.5	90	95	100	105
Junior	72.5	85	95	105	115	120	127.5	132.5	137.5
Master I	-	85	95	105	115	120	127.5	132.5	137.5
Master II	-	75	82.5	90	100	105	110	115	120
Master III	-	65	72.5	77.5	87.5	90	95	100	105

**Nationals Qualifying Standards  
Required to lift at CPU National Championships**

**Women's Classic National**

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	240	260	280	302.5	332.5	365	377.5
Sub-Junior	142.5	152.5	165	177.5	190	210	230	242.5
Junior	195	210	227.5	245	265	292.5	320	337.5
Master I	-	210	227.5	245	265	292.5	320	337.5
Master II	-	182.5	195	210	227.5	250	275	290
Master III	-	152.5	165	177.5	190	210	230	242.5
Master IV	-	137.5	147.5	160	172.5	190	207.5	220

**Women's Equipped National**

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	270	292.5	315	340	372.5	410	442.5
Sub-Junior	170	182.5	195	210	227.5	250	275	290
Junior	227.5	240	260	280	302.5	332.5	365	377.5
Master I	-	240	260	280	302.5	332.5	365	377.5
Master II	-	210	227.5	245	265	292.5	320	337.5
Master III	-	182.5	195	210	227.5	250	275	290
Master IV	-	152.5	165	177.5	190	210	230	242.5

**Women's Classic Bench Only National**

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	42.5	47.5	52.5	57.5	60	67.5	70
Sub-Junior	25	27.5	30	32.5	35	37.5	42.5	45
Junior	37.5	40	42.5	45	50	52.5	60	62.5
Master I	-	40	42.5	45	50	52.5	60	62.5
Master II	-	32.5	35	37.5	42.5	45	50	52.5
Master III	-	27.5	30	32.5	35	37.5	42.5	45

Master IV	-	60	65	70	77.5	82.5	87.5	90	95
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Master IV	-	25	27.5	30	32.5	35	37.5	40
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### Men's Equipped Bench Only National

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	112.5	125	137.5	150	157.5	167.5	172.5	180
Sub-Junior	62.5	75	82.5	90	100	105	110	115	120
Junior	82.5	97.5	107.5	120	130	137.5	145	150	157.5
Master I	-	97.5	107.5	120	130	137.5	145	150	157.5
Master II	-	85	95	105	115	120	127.5	132.5	137.5
Master III	-	75	82.5	90	100	105	110	115	120
Master IV	-	65	72.5	77.5	87.5	90	95	100	105

### Women's Equipped Bench Only National

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	50	55	60	65	70	77.5	82.5
Sub-Junior	30	32.5	35	37.5	42.5	45	50	52.5
Junior	40	42.5	47.5	52.5	57.5	60	67.5	70
Master I	-	42.5	47.5	52.5	57.5	60	67.5	70
Master II	-	40	40	45	50	52.5	60	62.5
Master III	-	32.5	35	37.5	42.5	45	50	52.5
Master IV	-	27.5	30	32.5	35	37.5	42.5	45

### Regional Qualifying Standards

Required to lift at Eastern, Central or Western Championships

#### Men's Classic Regional

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	375	415	452.5	487.5	517.5	545	565	580
Sub-Junior	255	282.5	312.5	340	367.5	390	410	427.5	432.5
Junior	312.5	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master I	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master II	-	317.5	350	382.5	412.5	437.5	460	480	490
Master III	-	282.5	312.5	340	367.5	390	410	427.5	432.5
Master IV	-	255	280	305	330	350	367.5	382.5	390

### Regional Qualifying Standards

Required to lift at Eastern, Central or Western Championships

#### Women's Classic Regional

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	210	227.5	245	265	292.5	320	337.5
Sub-Junior	130	137.5	147.5	160	172.5	190	207.5	220
Junior	170	182.5	195	210	227.5	250	275	290
Master I	-	182.5	195	210	227.5	250	275	290
Master II	-	152.5	165	177.5	190	210	230	242.5
Master III	-	137.5	147.5	160	172.5	190	207.5	220
Master IV	-	127.5	137.5	147.5	157.5	175	190	200

#### Men's Equipped Regional

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	440	485	527.5	570	605	635	662.5	677.5
Sub-Junior	285	317.5	350	382.5	412.5	437.5	460	480	490
Junior	337.5	375	415	452.5	487.5	517.5	545	565	580
Master I	-	375	415	452.5	487.5	517.5	545	565	580

#### Women's Equipped Regional

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	240	260	280	302.5	332.5	365	377.5
Sub-Junior	142.5	152.5	165	177.5	190	210	230	242.5
Junior	195	210	227.5	245	265	292.5	320	337.5
Master I	-	210	227.5	245	265	292.5	320	337.5

Master II	-	347.5	382.5	417.5	450	477.5	502.5	522.5	535
Master III	-	317.5	350	382.5	412.5	437.5	460	480	490
Master IV	-	282.5	312.5	340	367.5	390	410	427.5	432.5

Master II	-	182.5	195	210	227.5	250	275	290
Master III	-	152.5	165	177.5	190	210	230	242.5
Master IV	-	137.5	147.5	160	172.5	190	207.5	220

**Men's Classic Bench Only Regional**

Weight Class	53kg	59kg	66kg	74kg	83kg	93kg	105kg	120kg	120+kg
Open	-	85	95	105	115	120	127.5	132.5	137.5
Sub-Junior	55	60	65	70	77.5	82.5	87.5	90	95
Junior	62.5	75	82.5	90	100	105	110	115	120
Master I	-	75	82.5	90	100	105	110	115	120
Master II	-	65	72.5	77.5	87.5	90	95	100	105
Master III	-	60	65	70	77.5	82.5	87.5	90	95
Master IV	-	55	60	65	70	75	80	82.5	87.5

**Women's Classic Bench Only Regional**

Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
Open	-	40	40	45	50	52.5	60	62.5
Sub-Junior	25	25	27.5	30	32.5	35	37.5	40
Junior	30	32.5	35	37.5	42.5	45	50	52.5
Master I	-	32.5	35	37.5	42.5	45	50	52.5
Master II	-	27.5	30	32.5	35	37.5	42.5	45
Master III	-	25	27.5	30	32.5	35	37.5	40
Master IV	-	25	27.5	30	32.5	35	37.5	40

**Men's Equipped Bench Only Regional**

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Junior	72.5	85	95	105	115	120	127.5	132.5	137.5
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Master II	-	75	82.5	90	100	105	110	115	120
Master III	-	65	72.5	77.5	87.5	90	95	100	105
Master IV	-	60	65	70	77.5	82.5	87.5	90	95

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Weight Class	43kg	47kg	52kg	57kg	63kg	72kg	84kg	84+kg
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Sub-Junior	27.5	27.5	30	32.5	35	37.5	42.5	45
Junior	37.5	40	42.5	45	50	52.5	60	62.5
Master I	-	40	42.5	45	50	52.5	60	62.5
Master II	-	32.5	35	37.5	42.5	45	50	52.5
Master III	-	27.5	30	32.5	35	37.5	42.5	45
Master IV	-	25	27.5	30	32.5	35	37.5	40