

**Regional Qualifying Standards**  
**Required to lift at Eastern, Central or Western Championships**

**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

**Men's Equipped Bench Only Regional**

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
Master IV	-	60	65	70	77.5	82.5	87.5	90	95

Master I - 40 - 49  
 Master II - 50 - 59  
 Master III - 60 - 69  
 Master IV - 70+

**Regional Qualifying Standards**  
**Required to lift at Eastern, Central or Western Championships**

**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

**Women's Equipped Bench Only Regional**

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	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