

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

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
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 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 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

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	-	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