

RAW POWERLIFTING

FEMALE CLASSIFICATION STANDARDS

As of 10/2011

*NOTE: Weights Below in LBS.

Women's Squat

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	179	189	204	240	250	260	279	295	305	330
MASTER	163	172	186	218	228	237	254	268	278	300
CLASS I	147	155	167	197	205	213	229	242	250	271
CLASS II	131	138	149	175	183	190	204	215	223	241
CLASS III	113	119	129	151	158	164	176	186	192	208
CLASS IV	97	102	110	130	135	140	151	159	165	178

Women's Bench Press

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	120	135	143	160	170	181	192	206	210	225
MASTER	109	123	130	146	155	165	175	187	191	205
CLASS I	98	111	117	131	139	148	157	169	172	185
CLASS II	88	99	104	117	124	132	140	150	153	164
CLASS III	76	85	90	101	107	114	121	130	132	142
CLASS IV	65	73	77	86	92	98	104	111	113	122

Women's Deadlift

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	248	259	285	304	321	353	363	380	385	405
MASTER	226	236	259	277	292	321	330	346	350	369
CLASS I	203	212	234	249	263	289	298	312	316	332
CLASS II	181	189	208	222	234	258	265	277	281	296
CLASS III	156	163	180	192	202	222	229	239	243	255
CLASS IV	134	140	154	164	173	191	196	205	208	219

Women's Strict Curl

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	50	58	65	72	76	79	83	88	94	99
MASTER	45	53	59	65	69	72	74	80	85	90
CLASS I	41	48	53	59	62	65	67	72	77	81
CLASS II	36	42	47	52	55	57	59	64	68	72
CLASS III	32	37	42	46	49	50	51	56	60	63
CLASS IV	27	32	36	39	42	43	44	48	51	54

Women's Powerlifting Total

<i>Wt. Class</i>	<i>97</i>	<i>105</i>	<i>114</i>	<i>123</i>	<i>132</i>	<i>148</i>	<i>165</i>	<i>181</i>	<i>198</i>	<i>198+</i>
ELITE	535	573	611	665	703	756	813	839	859	918
MASTER	487	521	556	605	640	688	740	763	782	835
CLASS I	439	470	501	545	576	620	667	688	704	753
CLASS II	385	418	446	485	513	552	593	612	627	670
CLASS III	342	361	385	419	443	476	512	529	541	578
CLASS IV	289	309	330	359	380	408	439	453	464	496

The Powerlifting Total is the sum of the lifter's best squat, bench press, and deadlift performed within a sanctioned powerlifting competition.

These lifting classifications apply to a drug free lifter that is competing without the use of any supportive equipment other than a lifting belt and wrist wraps. The standard form for a proper competition squat is the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. The standard form for a proper competition bench press is the lifter must pause the bar on the chest until the press command is received. The standard form for the deadlift is that the lifter must stand erect with shoulders in line with the body without using a hitch. The standard form for the strict curl is that the lifter must keep their upper back and butt pressed against the wall throughout the entire lift.